



\$188 a Month

~Evidence-Based Nutrition on a SNAP Budget~

By Grace Mockaitis



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About This Resource

\$188 a month. While many receive less, this is the average SNAP benefits for a single person household in the United States at the time this resource was written (2026). This book was created as a medical school capstone project to help households accomplish an increasingly difficult task: eating healthy on a budget. All too often the food that is the most affordable, and most accessible, can also be some of the worst for our health. Add in the fact that so many of us have such little time to spend cooking (and that the tighter our budgets the less time we tend to have), and it's no wonder we turn to high fat, quick meals simply to get dinner on the table. However, this also means that those of us with the lowest budgets tend to have some of the highest rates of chronic diseases, such as high blood pressure, diabetes, obesity and heart disease.

A number of excellent resources exist that address pieces of this issue, but none address it in its entirety. Often, affordable recipes assume a larger base budget (designed for multiple people), calculate costs based on fractions of ingredients (while one has to pay for the entire ingredient first), are carbohydrate heavy (often the cheapest ingredients) or are not supported by evidence-based nutrition. Therefore, this book was designed to provide a flexible, accessible collection of recipes that follow evidence-based nutrition (adhere to Harvard's Healthy Eating Plate) and a strict budget (the smallest average SNAP allotment), that accounts for the full cost of every ingredient, over the course of an entire month.

While created with SNAP recipients in mind, this book was made for anyone who has limited time, limited resources and a desire to eat healthy. In a perfect world, everything would be fresh, never canned or frozen. However, this is often unrealistic. Therefore, recipes in this book use a mix of fresh, frozen and canned ingredients. Priority was always given to fresh foods before frozen and frozen before canned, based on their nutritional value. Unless otherwise specified, costs were calculated using fresh ingredients. Therefore, if your budget (as we all often find) is tighter than anticipated for a month, the cost of a recipe can likely be brought down by substituting frozen or canned ingredients. Though perhaps not ideal, canned chicken or vegetables are still far more nutritious than a fast food value menu - and infinitely better than going hungry.

You'll also find when going through this resource that many recipes depend on flavor preference and that this can influence the cost as well. For example, if you don't care for curry, you probably won't end up spending the money on curry powder or paste that's calculated into the upfront costs. Feel free to use alternative proteins, vegetables or other ingredients as well (or omit some if the cost is too high) - the main point of this resource is that it's *flexible*.

Importantly, I would like to point out that I am not a chef. The majority of recipes in this book are not my original creations. Though they have all been modified to varying degrees, almost every recipe originated from someone with far greater culinary talent than myself. Sources include, but are not limited to, NYtimes Cooking, Budget Bytes, A Couple Cooks, Delish, Lemons & Love and many more. A full list is included at the end of this book for further reference and/or inspiration.

Finally, because everybody comes from different backgrounds, many recipes were modified to keep necessary equipment, prior cooking knowledge, and required time to a

minimum. While significant effort was taken to make this resource appropriate for a variety of lifestyles and diets, it's impossible to account for every need. Please always follow your physician's specific recommendations before those in this book. Whether you try out every recipe or simply skim for inspiration, I hope this resource helps make your life, if only a little bit, easier. Happy cooking!

How to Use This Resource

This book was made based on the assumption that you have no starting ingredients. While many resources calculate costs based on fractions of ingredients used, it's not possible to buy only one teaspoon of a spice or half a can of beans. If you have all of the ingredients, it's easy for a \$5 advertised meal to only cost \$5, but if you don't have any of the four spices included, the actual cost is likely far closer to \$10 or more. Because no ingredients are assumed, a few pages down you'll find a list of "upfront" ingredients that are (largely) shelf-stable and whose cost is calculated into the total average for the month. If you already have some of these - hooray! The amount you spend on these meals will likely be less than predicted. If you have none - that's okay! That's expected.

This book is divided into four weeks, with four sections per week: Lunch, Dinner 1, Dinner 2 and Extra. In each section, there will be four recipes to choose from that are color coded from lightest to darkest; this corresponds to the least (lightest) and most (darkest) expensive recipes for that meal (ex. Lunch). Costs are based on the *average* "Additional cost" calculated from buying the protein and vegetables for the meal, with the "upfront" ingredients already assumed in the month's average. If two recipes average the same expense, they will be the same shade. Four options are included for each meal to provide diversity month to month as well as to account for differences in personal tastes.

For one month, you'll choose one Lunch, Dinner 1 and Dinner 2 per week. While labeled, "Lunch, Dinner 1 and Dinner 2," these recipes don't need to be eaten in this order. Feel free to mix and match depending on preference and/or to cover every meal (as labeled, the meals account for 4/7 lunches and 8/7 dinners for the week - feel free to use dinners as lunches or otherwise swap depending on flavor preference). Because each meal tends to serve 4, this leaves only 12/14 lunch and dinner meals accounted for some weeks (you may find that other recipes stretch further than 4 servings, making this untrue). This is where the Extra section comes in. "Extra" recipes make 2-4 servings largely using ingredients already purchased for that week. The average of these meals were also calculated into the average of \$188 a month, so no need to skip meals at the end of the week for risk of going outside the budget.

There is an additional section at the end of this book titled "Alternatives." This section contains recipes that include common ingredients used throughout the book but may provide either a different flavor or an alternative option if you find you don't have the same amount of ingredients leftover for a specific recipe. These also contain 2-4 servings. The average cost of these recipes fall within the minimum and maximum calculated costs for almost every week. A few (listed towards the end) may exceed the estimated cost for the most expensive meal that week, so try to take note and substitute for a meal at similar or lower cost to stay within budget.

Importantly, this book's meals are calculated based on an *average* of \$188 per month. That means you can spend more or less depending on which recipes are used, if generic vs brand name is bought, the time of year for produce, etc. It's possible to spend as much as \$273 or as little as \$103 depending on these factors. The key to using this resource is to choose recipes whose ingredients play off each other instead of always buying new and to alternate between more and less expensive recipes. This also helps reduce waste, as leftover ingredients are incorporated into later meals instead of expiring in the fridge.

Finally, this average of \$188 per month *does not include sales tax*, as the majority of states do not apply sales tax to groceries and, in those who do, the amount varies greatly. Additionally, food purchased with SNAP benefits is exempt from taxes, though it's unrealistic to assume everybody has exactly \$188 in SNAP benefits. Therefore, costs for meals may vary depending on tax as well.

Ingredients Calculated in Upfront Cost

In order to calculate costs (and help with your trip to the grocery store), the following items are used in a number of recipes and were therefore built into the budget upfront. Going forward, the "additional costs" that the recipes are sorted by are the cost of the protein, vegetables and anything in the recipe that is *not* included in this list (which are very few items and tend to be something only used in 1 or 2 possible recipes). If there is something on this list that you prefer not to use, your average monthly cost may be lower than expected. You'll notice some items have notes next to them explaining why that particular item or brand was chosen, possible alternatives and/or how to further improve shelf life.

Olive oil <i>Note: See nutrition section below for full explanation of why this oil was chosen. However, if olive oil is too expensive, feel free to substitute canola oil. This is a more affordable, and still healthy, alternative, though it may change the flavor of certain recipes slightly.</i>
Onions
Garlic <i>Note: Costs were calculated based on fresh garlic as this is almost always more economical than pre-minced. However, feel free to substitute pre-minced if you prefer the convenience.</i>
Ginger <i>Note: Costs were calculated based on fresh ginger, but powdered can be substituted if you already own it and/or fresh ginger is not accessible. See freezing tips below.</i>
Carrots
Celery <i>Note: See below notes on storage to optimize freshness and reduce waste.</i>

Bunch of green onions (scallions) <i>Note: See notes below on regrowing.</i>
Fresh cilantro
Corn (frozen)
Lemon juice <i>Note: It's cheaper to pay for fresh lemons if using 0-3 lemons. If using 3-5 lemons, it may still be less expensive to buy fresh, depending on the cost of prebottled lemon vs fresh that time of year. After 5 lemons, it is almost guaranteed to be less expensive to buy bottled. Maximum amount calculated to spend on lemon juice was \$3.08.</i>
Lime juice <i>Note: It's cheaper to pay for fresh limes if only using 0-3 limes. From 3-11 fresh limes, it may be less expensive to still buy fresh, depending on the cost of prebottled lime vs fresh for that time of year. After 11 limes, it is almost guaranteed to be less expensive to buy bottled. Maximum amount calculated to spend on lime juice was \$2.94.</i>
Salt
Black pepper
Chili powder
Cumin
Paprika
Onion powder
Garlic powder
Oregano
Thyme
Curry powder <u>OR</u> Red curry paste
Low sodium soy sauce
Sesame oil
Rice vinegar
Low sodium better than bouillon, vegetable <u>OR</u> chicken <i>Note: Better than bouillon was chosen over other broths for its affordability and flavor profile. One bottle contains approximately 38 teaspoons, which equals 38 cups of broth. Additionally, pre-cartoned broth tends to be higher in sodium. To reduce sodium intake, low sodium better than bouillon is recommended. You can further reduce the sodium amount by diluting the broth when making.</i>

Sriracha sauce, or other chili sauce <i>Note: This was chosen for a versatile source of heat. Feel free to omit, reduce amounts in recipes or swap for a preferred heat source.</i>
Tomato sauce
Tomato paste <i>Note: See notes below for freezing to optimize freshness and reduce waste.</i>
Milk
Plain greek yogurt
Brown rice <i>Note: See notes on glycemic index and glycemic load for comparing different types of grains. While other grains may have an even lower impact on blood sugar levels, brown rice provides a great economical choice that's widely available and far better for blood sugar control, and overall nutrition, than white.</i>
Barley
Flour
Brown sugar <i>Note: This was chosen for its versatility in stir fries, sauces and dressings. Possible substitutions include regular sugar, honey and possibly maple syrup, though this may change the flavor of some recipes.</i>
Capers
Tortillas
Peanut or other seed butter
Plain bread crumbs

Tips to Help Stretch Your Budget

The cost of produce varies greatly season-season and is often lowest during its peak harvest. Because of this, the price of some recipes in December may be very different than in August.

See the guide below for peak seasons of fruits and vegetables:

Spring	Summer	Fall	Winter
-Apples	-Apples	-Apples	-Apples
-Apricots	-Apricots	-Bananas	-Avocados
-Asparagus	-Avocados	-Beets	-Bananas
-Avocados	-Bananas	-Bell Peppers	-Beets
-Bananas	-Beets	-Broccoli	-Brussels Sprouts
-Blackberries	-Bell Peppers	-Brussel Sprouts	-Cabbage
-Broccoli	-Blackberries	-Cabbage	-Carrots
-Cabbage	-Blueberries	-Carrots	-Celery
-Carrots	-Cantaloupe	-Cauliflower	-Collard Greens
-Celery	-Carrots	-Celery	-Grapefruit
-Collard Greens	-Celery	-Collard Greens	-Grapes
-Garlic	-Cherries	-Cranberries	-Herbs
-Herbs	-Corn	-Garlic	-Kale
-Kale	-Cucumbers	-Ginger	-Kiwifruit
-Kiwifruit	-Eggplant	-Grapes	-Leeks
-Lemons	-Garlic	-Green Beans	-Lemons
-Lettuce	-Grapes	-Herbs	-Limes
-Limes	-Green Beans	-Kale	-Onions
-Mushrooms	-Herbs	-Kiwifruit	-Oranges
-Onions	-Honeydew Melon	-Lemons	-Parsnips
-Peas	-Lemons	-Lettuce	-Pears
-Pineapples	-Lima Beans	-Limes	-Plantains
-Plantains	-Limes	-Mangos	-Pomegranates
-Radishes	-Mangos	-Mushrooms	-Potatoes

-Rhubarb	-Okra	-Okra	-Pumpkin
-Spinach	-Onions	-Onions	-Rutabagas
-Strawberries	-Peaches	-Parsnips	-Sweet Potatoes & Yams
-Swiss Chard	-Pears	-Pears	-Swiss Chard
-Turnips	-Peas	-Peas	-Turnips
	-Pineapples	-Plantains	-Winter Squash
	-Plantains	-Pomegranates	
	-Plums	-Potatoes	
	-Raspberries	-Pumpkin	
	-Strawberries	-Radishes	
	-Summer Squash	-Raspberries	
	-Tomatillos	-Rutabagas	
	-Tomatoes	-Spinach	
	-Watermelon	-Sweet Potatoes & Yams	
	-Zucchini	-Swiss Chard	
		-Turnips	
		-Winter Squash	

Information gathered from USDA. (n.d.). Seasonal Produce Guide. SNAP Education Connection.
<https://snaped.fns.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide>

Tips on preserving ingredients:

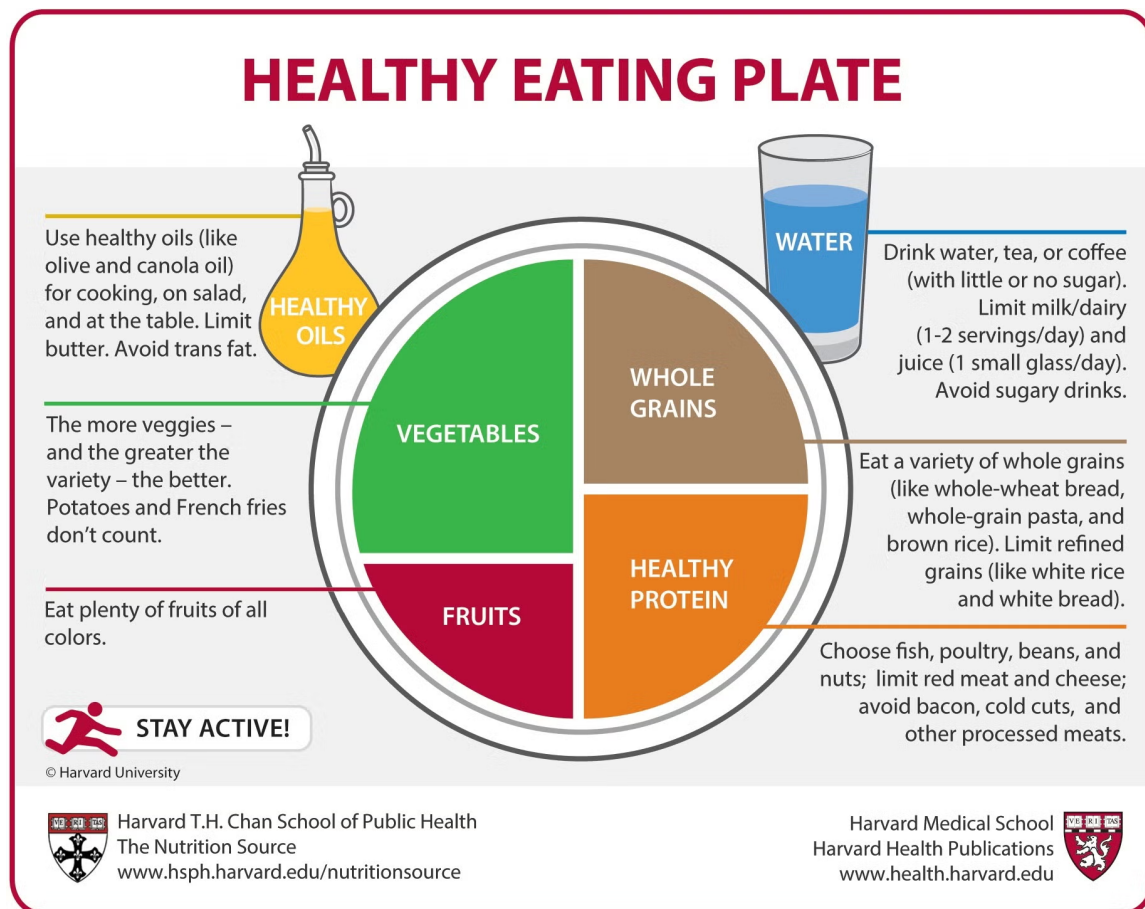
The following tips can go a long way in helping keep ingredients fresh and prevent food (and financial) waste. It can also save you time on busy weeknights to have these small ingredients prepped and ready to go.

- Citrus (lemon, lime, orange, etc) juice and zest can be frozen for convenience and preservation. To preserve zest, simply zest the fruit and store in a ziploc bag. For juice, squeeze juice into either ice cube trays or directly into snack sized bags and remove seeds. Either keep in tray or transfer to a ziploc bag once frozen. You can freeze lemon slices or whole lemons as well, but know the flavor can become more tart when thawed and used later.
- Ginger and garlic are also great to freeze. You can either freeze the entire ginger root/garlic clove or freeze in minced portions. If freezing pre-minced, first prep the garlic

or ginger as desired (peeled and minced). Either freeze 1 tsp or 1 tbsp amounts in ice cube trays or scoop onto a flat sheet pan and freeze. Once frozen, both can be transferred to ziploc bags for better storage. For best results, mix minced garlic/ginger with a bit of olive oil before freezing. This can help prevent the ingredient from drying out, but it is not required.

- Tomato paste is another ingredient that does great frozen and is especially helpful in limiting waste/reducing costs, as many recipes call for only small portions of tomato paste at a time. To freeze, scoop 1 tbsp amounts (or other measurement, if desired) into either ice cube trays or onto a sheet pan. Transfer to a ziploc bag once frozen to store.
- Green onions (scallions) can have an especially long shelf life as you can regrow them multiple times. Simply save the white ends (with roots attached) and place them, root side down, in a cup of water. Place cup near a window and periodically change the water. The green bits will grow back again and again, though flavor will eventually begin to deplete. To prolong the number of re-grows, you can transfer green onions to a pot with soil after they have regrown 2-3 inches in water.
- Though celery often lasts weeks on its own, you can double its shelf life by removing the celery from its bag, wrapping it in aluminum foil and leaving the ends slightly open. Store in the fridge (ideally the crisper drawer) to make the celery last up to 4 weeks (as opposed to 2).
- To keep leafy greens fresh, transfer them to a ziploc bag. Line the bottom of the bag with a paper towel, fill the bag halfway with the greens, then add another paper towel before adding the remaining produce. This will help absorb the water and prevent the greens from spoiling.
- Key pairings to AVOID storing together to prevent spoilage:
 - Onions and potatoes
 - Apples and vegetables (especially broccoli, carrots & lettuce)
 - Tomatoes and cucumbers
 - Fruits and root vegetables (onions, potatoes, etc)
 - Bananas and essentially everything

Nutrition & Harvard's Healthy Eating Plate



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Aside from the financial and time constraints of maintaining a “healthy” diet, there’s also the added confusion of what exactly “eating healthy” *means*. Between fad diets, always-changing news reports and the fact that even official resources, such as MyPlate, Harvard’s Healthy Eating Plate, DASH diet or the Mediterranean diet, all offer slightly different advice, it can be incredibly difficult to decide where to start. While many recommendations have things in common - lots of vegetables, low fat protein, limiting salt - their details can vary greatly.

For this book, Harvard’s Healthy Eating Plate was chosen as the preferred guideline for a number of reasons. Firstly, it was one of the few developed *by medical experts* with only optimal nutrition in mind, while other diets, such as MyPlate, were created largely by the agricultural industry. While DASH and the Mediterranean diet are also excellent, the Healthy Eating Plate provides a concrete, easy to follow, schematic as opposed to more general advice, potentially making it more approachable. Finally, the Healthy Eating Plate is also particularly oriented towards reducing the risks of metabolic syndrome (a collective term to refer to elevated blood sugar, blood pressure, cholesterol and obesity) as opposed to one or two specific conditions (ex. DASH was specifically designed to improve high blood pressure and heart

health) and provides general advice for all ages and sexes, allowing it to positively impact perhaps the largest population.

While most recipes in this book adhere to the Healthy Eating Plate, some may not adhere exactly. However, if this occurs, other recipes within that week were designed to account for the discrepancy. For example, if one recipe for the week has more grains than recommended, others will make up for it by having more vegetables.

Another thing you'll likely notice is that whole fruit is largely absent in this book. While shown as different categories on the diagram, the Healthy Eating Plate counts "vegetables and fruits" as one category that should span $\frac{1}{2}$ your plate, with vegetables taking up a larger proportion. Vegetables were therefore prioritized over fruits throughout this book as they tend to be more nutrient dense, have higher fiber, lower sugar and be more affordable. That being said, fruits are generally higher sources of vitamins and antioxidants. If there is room left in your budget, buying fruits as snacks or additions to recipes is highly encouraged. Make sure to consume the entire fruit to get the added fiber benefit as opposed to just the juice. See below for more details on picking fruits, specifically for those trying to manage their blood sugars.

Note on Glycemic Index & Glycemic Load

Glycemic index is a number, on a scale of 0 - 100, assigned to a specific food that indicates how quickly that food makes your blood sugar rise. The higher the number, the faster your blood sugar will rise after consuming that food; the lower the number the slower it'll rise. Generally speaking, more fiber means a lower glycemic index. For glycemic index, 0-55 is considered low, 56-69 is moderate, and 70-100 is high.

Glycemic load takes the glycemic index a step further by accounting for both how quickly a food causes one's blood sugar to rise AND how many carbohydrates are in a typical serving of the food, ultimately giving a better predictor of the real-world impact a food will have on one's blood sugar. A glycemic load is considered low if it is equal to or less than 10, moderate if it's between 10-19 and high if it's equal to or over 20. For example, watermelon has a high glycemic index (76) (spikes blood sugar quickly), but a very low amount of carbohydrates, so the actual glycemic load (predicted impact on blood sugar) is only 5, meaning it is predicted to have a low impact on blood sugar overall.

Essentially, this is all a very complicated way of saying that depending on the carbohydrate count, fiber content and processing of a food, seemingly similar foods can have very different impacts on blood sugars. While it can get confusing, this is just to provide information on choosing foods that may help manage blood sugars better. Please note that these values ARE NOT the same as the carbohydrate count required for insulin dosing and are instead theoretical numbers to give an overall estimate. Below is a table explaining some of the grains, beans and fruits with the lowest to highest glycemic loads.

	Low Glycemic Load (0-10)	Moderate Glycemic Load (11-19)	High Glycemic Load (20+)
Grains	<u>Black rice</u> (7.3) <u>Whole grain barley</u> (9) <u>Pearled</u> (7- <u>Quinoa</u> (7-	<u>barley</u> -12) <u>Bulgur</u> (10.2-12) -18) <u>Whole wheat pasta</u> (10.6-14) <u>Brown</u> (11-	<u>rice</u> -23) <u>Couscous</u> (22-23) <u>White pasta</u> (26) <u>White rice</u> (35+)
Beans	<u>Green beans</u> (1-3) <u>Soy beans</u> (1.5 - 4.5) <u>Lentils</u> (2-7) <u>Chickpeas</u> (3-9) <u>Kidney beans</u> (3-9) <u>Black beans</u> (7) <u>White</u> (7-	<u>beans</u> -13) <u>Pinto beans</u> (9-13)	
	<u>Lemons and limes</u> (0.6) <u>Avocados</u> (1 or less) <u>Tomatoes</u> (1.1) <u>Grapefruit</u> (1.2) <u>Strawberries</u> (1.9-3)		

Fruits	<u>Raspberries</u> (2-3) <u>Blackberries</u> (2-4) <u>Oranges</u> (4.1-4.4) <u>Pears</u> (4.7) <u>Peaches</u> (4-5) <u>Cherries</u> (4-6) <u>Apples</u> (6) <u>Plums</u> (3.9-8)		
	<u>Mangos</u> (9-12) <u>Bananas</u> (11-13) <u>Plantains</u> (12-16)		<u>Dried fruits</u> (10-50+)

Values obtained from Oregon State University. (2019, January 2). Glycemic Index and Glycemic Load. Linus Pauling Institute.
<https://lpi.oregonstate.edu/mic/food-beverages/glycemic-index-glycemic-load>

**Note: It's also important to remember that how the fruit is prepared makes a big difference as well. For example, dried fruit has a very high glycemic load while the same fruit whole may have a low glycemic load. Similarly, the juice of a fruit will have a higher glycemic load than consuming the whole fruit, as juice itself will not contain the necessary fiber to modulate blood sugar levels. Glycemic load also increases with ripeness of fruit.*

Finally, while the above information can provide a good starting point in choosing foods that may limit blood sugar impacts, it's important to remember that everybody responds differently. If you find your blood sugar increases more than expected, try pairing the food with a healthy source of protein and fat. For example, bananas are often a culprit of blood sugar spikes. One way to help offset this (aside from choosing less ripe bananas) is to add some peanut butter. The protein/fat will help slow digestion and modulate the blood sugar spike.

Note on Heart Health

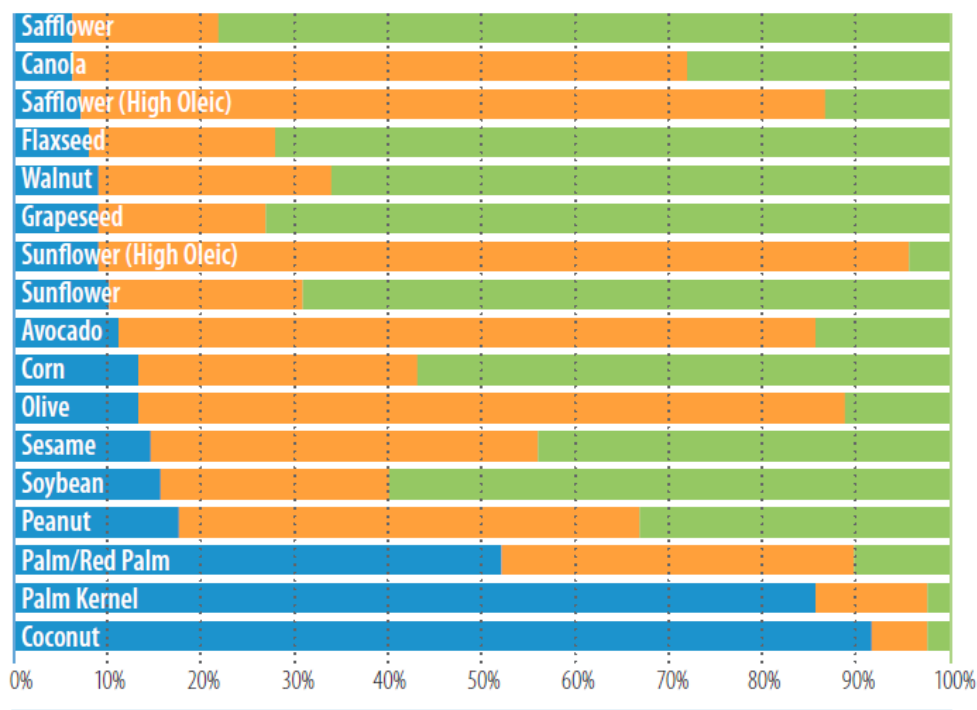
One of the easiest ways to improve cardiovascular health is to limit saturated fats (largely solid fats), and one of the simplest ways to do this is start cooking with oil as opposed to butter. Two of the best options for this are olive oil and canola oil. For this resource, olive oil was chosen due to its versatility as both a cooking oil and a good option for dressings. Olive oil also provides a slight health benefit over canola oil due to its antioxidants and higher amount of monounsaturated fats, which can help reduce LDL ("bad") cholesterol. That being said, canola oil is another excellent option if the cost of olive oil is too high. See the guide below for more information on oils and their fat contents.

Another simple way to improve cardiovascular health, and blood pressure specifically, is to limit your sodium intake. Per the American Heart Association, most adults would benefit from a goal of 2,300 mg or less of salt a day (or 1 tsp or less), though a goal of 1,500 mg a day (or approximately $\frac{2}{3}$ tsp) is really ideal. This is especially important for those with high blood pressure, heart disease or other risk factors. For context, the average American currently consumes 3,300 mg of sodium a day. This can sound daunting and complicated to measure. However, of this 3,300 mg average, 70% comes from pre-packaged or restaurant meals. Therefore, one of the simplest ways to improve sodium intake is to cook at home. This also allows you to control the sodium you add into foods so you can lower sodium even further, if needed.

Fat Makeup of Common Oils

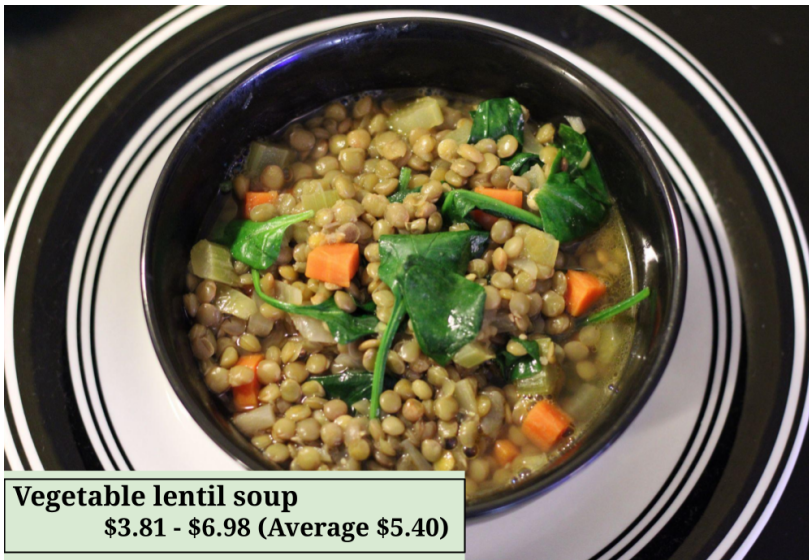
Choose oils low in saturated fat (*those with shorter blue bars below*).
Both mono- and polyunsaturated fats are healthy choices.

% SAT % MONO % POLY



(2019, September 10). *The Facts About Plant Oils*. Tufts Health & Nutrition Letter. <https://www.nutritionletter.tufts.edu/healthy-eating/the-facts-about-plant-oils/>

LUNCH



Vegetable lentil soup
\$3.81 - \$6.98 (Average \$5.40)



Chicken soup
\$4.39 - \$9.99 (Average \$7.19)



Vegetarian or vegan ramen
\$6.97 - \$13.36 (Average \$10.17)



Chicken ramen
\$7.48 - \$14.37 (Average \$10.93)

Vegetable lentil soup

4 Servings

Ingredients

- 2 tbsp olive oil
- ½ onion, diced
- 2 cloves garlic, minced
- 2 celery stalks, chopped
- 2 carrots, chopped
- 4 cups (4 handfuls) spinach
- 2 cups dried brown or green lentils
- 1 tsp ground cumin
- 5 tsp low sodium vegetable better than bouillon, made into 5 cups broth
- 5 cups water



Additional cost: \$3.81 - \$6.98 (Average: \$5.40)

Instructions

1. Heat the oil in a large pot over medium-high heat. Add the celery, carrot, onion, and garlic and cook until tender, 5-6 minutes.
2. Add the broth, water, lentils and cumin. Bring to a simmer and cook until lentils are tender, about 20 minutes. Add additional water as needed.
3. Add spinach and stir for 1-2 minutes, until wilted.
4. Let soup cool and divide into 4 containers. Refrigerate until ready to eat.

Chicken soup

4 Servings

Ingredients

- 1 tbsp olive oil
- 2 chicken breasts, pat dry
- ½ onion, diced
- 2 cloves garlic, minced
- 2 celery stalks, chopped
- 2 carrots, chopped
- 4 cups (4 handfuls) spinach
- 4 tsp low sodium chicken better than bouillon, made into 4 cups of broth
- 2 cups water, plus more as needed
- 1 tsp thyme
- ½ cup barley
- Salt and pepper, to taste



Additional cost: \$4.39 - \$9.99 (Average: \$7.19)

Instructions

1. Heat 1 tbsp oil in a pot on the stove. Add celery, carrot, onion and garlic and cook for 3-4 minutes, until celery and onion begin to soften.
2. Add the chicken, thyme, broth and water to the pot and bring to a boil. Reduce heat to low and cover. Cook for 25 minutes or until chicken is cooked through (internal temperature of 165 F and/or the inside is white and juices run clear). Add water as needed if it appears too much is boiling off.
3. Remove chicken and shred into bite-sized strips using 2 forks. Return to pot.
4. Add the barley and simmer for an additional 30 minutes, or until barley is cooked.
5. Add spinach and stir for 1-2 minutes, until wilted.
6. Let soup cool and divide into 4 containers. Refrigerate until ready to eat.

Vegetarian or vegan ramen

4 Servings

Ingredients

- 4 eggs **OR** 1 (14oz) tofu, pressed and cubed
- 1 tbsp ginger, peeled and minced
- 2 carrots, shredded or sliced into thin, ½ inch sticks
- 4 white mushrooms, sliced
- 4 cups (4 handfuls) spinach
- 2 blocks instant ramen
- 2 tsp low sodium soy sauce
- 1 tsp toasted sesame oil
- ½ tsp garlic powder
- 4 tsp low sodium vegetable or chicken better than bouillon, made into 4 cups of broth
- 2 tsp sriracha or other chili sauce



Additional cost: \$6.97 - \$13.36 (Average: \$10.17)

Instructions

For protein:

1. Bring a pot of water to boil. Add 4 eggs and let boil for 6 minutes. Remove and place in cold water to cool. Refrigerate until ready to eat.
OR
2. Drain the tofu and line one plate with a kitchen towel or paper towels. Place drained tofu on top and cover with a second kitchen towel or paper towels. Cover with a second plate and place a heavy can (or other item with weight) on top to press the tofu as you prep other ingredients, approximately 5 minutes. Cut into bite sized cubes when done.

For ramen:

1. In a large bowl, mix together broth, soy sauce, sesame oil, garlic powder, ginger and sriracha (*if desired*).
2. Bring a pot of water to boil for ramen noodles. Discard seasoning packets. Add noodles to water once boiling and cook for 2-3 minutes.
3. Drain the noodles and rinse with cold water to cool. Divide the noodles evenly between 4 containers.

WEEK 1: LUNCH

4. Divide the carrots, mushrooms, spinach and broth evenly between 4 containers. If using tofu, divide evenly between 4 containers. **If using eggs as protein, keep separate in fridge.**
5. To heat up for lunch, microwave soup container to desired temperature (**without** egg, as these can explode in the microwave). If using eggs, peel and place in warmed broth, cutting in half if desired, **after** ramen is heated to desired temperature. The broth will warm the egg.

Chicken ramen

4 Servings

Ingredients

- 2 chicken breasts, boiled and shredded
- 1 tbsp ginger, peeled and minced
- 2 carrots, shredded or sliced into thin, ½ inch sticks
- 4 white mushrooms, sliced
- 4 cups (4 handfuls) spinach
- 2 blocks instant ramen
- 2 tsp low sodium soy sauce
- 1 tsp toasted sesame oil
- ½ tsp garlic powder
- 4 tsp low sodium vegetable or chicken better than bouillon, made into 4 cups of broth
- 2 tsp sriracha or other chili sauce
- Salt and pepper



Additional cost: \$7.48 - \$14.37 (Average: \$10.93)

Instructions

For protein:

1. Place chicken breasts in a pot of cold water, salt and pepper. Bring to boil. Reduce to simmer and cover, cooking for 15-20 minutes or until chicken is cooked through (internal temperature of 165 F and/or the inside is white and juices run clear).

For ramen:

1. In a large bowl, mix together broth, soy sauce, sesame oil, garlic powder, ginger and sriracha (*if desired*).
2. Bring a pot of water to boil for ramen noodles. Discard seasoning packets. Add noodles to water once boiling and cook for 2-3 minutes.
3. Drain the noodles and rinse with cold water to cool. Divide the noodles evenly between 4 containers.
4. Divide the carrots, mushrooms, spinach, chicken and broth evenly between 4 containers. Refrigerate until ready to eat.

DINNER 1



Cauliflower piccata
\$3.36 - \$6.00 (Average \$4.68)



Spinach chickpea chicken
\$4.20 - \$9.00 (Average \$6.60)



Salmon, spinach & lentil salad
\$5.88 - \$7.99 (Average \$6.94)



Mushroom main & green beans
\$5.45 - \$10.92 (Average \$8.19)

Cauliflower piccata

4 Servings

Ingredients

- 4 tbsp olive oil
- 1 head cauliflower, cut into large 2 inch florets
- ¼ onion, finely diced
- 3 cloves garlic, minced
- 1 (15oz) can chickpeas, drained and rinsed
- 1 tsp low sodium vegetable better than bouillon, made into 1 cup of broth
- 2 tbsp capers, drained
- 2 tbsp lemon juice (1 lemon) (*and zest if using real lemons*)
- Salt and pepper, to taste



Additional cost: \$3.36 - \$6.00 (Average: \$4.68)

Instructions

1. Preheat the oven to 400 F.
2. Place the cauliflower florets and chickpeas onto a sheet pan and drizzle with 2-3 tbsp oil. Season with salt and pepper, and roast until cauliflower is golden and tender, about 20-25 minutes.
3. Heat 1 tbsp oil in a skillet over medium-high. Add the onion and cook until soft, about 4 minutes.
4. Add the garlic and cook for an additional 1 minute.
5. Pour the broth into the skillet and simmer until about half has evaporated, about 4-5 minutes.
6. Reduce heat to low, then add capers, lemon juice *and lemon zest (if using)*. Season with salt and pepper.
7. Drizzle lemon-caper sauce over cauliflower and chickpeas. Serve and enjoy, or refrigerate until ready to eat.

Spinach chickpea chicken

4 Servings

Ingredients

- 1 tbsp olive oil, plus extra as needed
- 2 chicken breasts, pat dry and cut in half horizontally
- 4 cloves garlic, thinly sliced
- 4 cups (4 handfuls) spinach
- 2 (15 oz) cans chickpeas, drained and rinsed
- 1 tsp paprika
- 2-3 tbsp lemon juice (1 lemon)
- Salt and pepper



Additional cost: \$4.20 - \$9.00 (Average: \$6.60)

Instructions

1. Preheat oven to 400 F with a rack in the center.
2. Season both sides of the chicken with salt, pepper and paprika.
3. Heat oil in a large, oven-safe skillet (*if you don't have an oven-safe skillet, you can use a regular skillet and a sheet pan later in the recipe*) over medium-high heat. Put the chicken breasts in the skillet and cook for 2-3 minutes, until light golden brown. Flip and cook for 2-3 more minutes. Transfer the chicken to a plate.
4. Add the chickpeas and garlic to the skillet and stir to coat, adding more oil if needed. Season with salt and pepper.
5. Place the chicken on top of the chickpeas and transfer the pan to the oven (*if you don't have an oven-safe skillet, transfer chickpeas and chicken to a sheet pan at this point*).
6. Bake until the chicken is golden and cooked through (internal temperature of 165 F and/or the inside is white and juices run clear), 20-30 minutes.
7. Remove skillet/pan from oven and set chicken aside on a separate plate. Reheat the skillet containing the chickpeas over medium heat (*or transfer chickpeas back to heated skillet*).
8. Add the spinach to the chickpeas in the skillet, stirring to coat. If you prefer crisper spinach immediately turn off heat (spinach will continue to wilt as you stir). If you prefer fully wilted spinach, keep heat on for 1-2 minutes, stirring to mix.
9. Add the chicken back to the pan and squirt lemon juice over the top.
10. Serve and enjoy, or refrigerate until ready to eat.

Salmon, spinach & lentil salad

4 Servings

Ingredients

- 2 tbsp olive oil
- 2 cans salmon, drained
- 1 clove garlic, minced
- 4 green onions, diced
- 5 cups (5 handfuls) spinach
- 3 tbsp lemon juice (1 lemon)
- 1 cup dry brown or green lentils
- 4 tsp low sodium vegetable better than bouillon, made into 4 cups broth
- Salt and pepper
- *½ cup tomatoes, diced (optional)*



Additional cost: \$5.88 - \$7.99 (Average: \$6.94)

Instructions

For lentils:

1. Add 1 cup dried lentils and 4 cups broth together in a medium pot. Bring to simmer and cook until lentils are soft, approximately 20 minutes.
2. Drain lentils and let sit at least 5 minutes to cool.

For salad:

1. Heat 1 tbsp oil in a skillet over medium. Add fish and half of green onions to skillet. Season with salt and pepper.
2. Cook until fish is slightly golden, approximately 5 minutes.
3. Add garlic and 1 tbsp lemon juice and cook for an additional minute, stirring to mix.
4. Turn off heat.
5. In a large bowl, mix spinach, cooled lentils, salmon, remaining green onions and *tomatoes (if using)*. Drizzle with remaining oil and lemon juice. Stir to mix.
6. Serve and enjoy or refrigerate until ready to eat.

Mushroom main & green beans

4 Servings

Ingredients

For main:

- 2 tbsp olive oil
- 2 chicken breasts, pat dry and sliced in half horizontally **OR** 1 head cauliflower
- 4 cloves garlic, minced
- 8 oz (or whatever is leftover if less) white mushrooms, sliced
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp thyme
- 1 tsp low sodium vegetable or chicken better than bouillon, made into 1 cup of broth
- 1 tbsp flour



For side:

- 1 tbsp olive oil
- 1 ½ lb (or 26.5 oz package) green beans, rinsed
- 3 cloves garlic, minced
- Salt and pepper, to taste

Additional cost: \$5.45 - \$10.92 (Average: \$7.69 with cauliflower, \$8.19 with chicken)

Instructions

If using chicken:

1. Mix together the onion powder, garlic powder, paprika, salt and pepper in a small bowl.
2. Season both sides of chicken with mixture.
3. Heat 1 tbsp oil in a skillet on medium-high heat. Put the chicken in skillet and cook for about 4-5 minutes. Flip and cook another 4-5 minutes or until chicken is golden brown and cooked through (internal temperature of 165 F and/or the inside is white and juices run clear).
4. Transfer chicken to a separate plate. *(If chicken becomes brown before cooked through, covering with a lid can help to continue cooking without burning)*
5. Reduce the heat to medium and add 1 tbsp oil to the skillet along with mushrooms. Cook until mushrooms are tender and browned, about 4 minutes.

WEEK 1: DINNER 1

6. Season with salt and pepper.
7. Add in garlic and cook until fragrant, about 1 minute.
8. Add chicken broth and thyme and stir. Bring to a boil.
9. Meanwhile, add 1 tbsp flour and 2 tbsp cold water together in a separate bowl. Mix to create a slurry.
10. Reduce heat on stove to simmer, and add the slurry. Stir occasionally and continue to simmer until slightly thickened, about 3 minutes.
11. Return chicken to pan and mix to combine.
12. Serve with green beans and enjoy, or refrigerate until ready to eat.

If using cauliflower steaks:

1. Mix together salt, pepper, paprika, garlic powder and onion powder in a small bowl.
2. Slice the cauliflower into approximately 1 inch strips by slicing through the center, keeping as much together as possible. Drizzle and rub 1 tbsp oil over the “steaks” then season both sides with spice mixture.
3. Heat a skillet over medium-high heat. Place cauliflower carefully in the pan. Sear for 3-4 minutes per side, until golden and slightly tender. Remove and set aside.
4. Reduce the heat to medium and add 1 tbsp oil to the skillet along with mushrooms. Cook until mushrooms are tender and browned, about 4 minutes. Season with salt and pepper, to taste.
5. Add in garlic and cook until fragrant, about 1 minute.
6. Add vegetable broth and thyme and stir. Bring to a boil.
7. Meanwhile, add 1 tbsp flour and 2 tbsp cold water together in a separate bowl. Mix to create a slurry.
8. Reduce heat on stove to simmer, and add the slurry. Stir occasionally and continue to simmer until slightly thickened, about 3 minutes.
9. Return cauliflower to pan and mix to combine.
10. Serve with green beans and enjoy, or refrigerate until ready to eat.

For side:

1. Bring a large pot of water to a boil. Add green beans to the pot and boil for 2-3 minutes, until they are bright green. Immediately drain green beans and run under cold water, turning, until cooled. Set aside.
2. Heat a large skillet over medium and add oil, garlic and green beans to the skillet. Cook until the beans are heated but still crisp, about 2 minutes.
3. Remove skillet from heat and season with salt and pepper.

DINNER 2



Mushroom barley risotto
\$0 (Average \$0)



Mushroom spinach pasta
\$1.24 - \$5.00 (Average \$3.12)



Tomato sauce pasta
\$1.24 - \$5.00 (Average \$3.12)



Chickpea spinach pasta
\$2.10 - \$7.00 (Average \$4.55)

Mushroom barley risotto with spinach

4 Servings

Ingredients

- 3 tbsp olive oil
- ½ large onion, diced
- 5 cloves garlic, minced
- 6 cups (6 handfuls) (or whatever remains if less) spinach
- 8 oz (or whatever remains if less) white mushrooms, sliced
- 1 cup dry barley
- 1 tsp thyme
- 4 tsp low sodium vegetable or chicken better than bouillon, made into 4 cups of broth
- 1 cup water, added to broth
- Salt and pepper



Additional cost: \$0

Instructions

1. Heat 1 tbsp oil in a large pot over medium high heat. Add the mushrooms and 1 clove of garlic. Cook until the mushrooms are browned, then season with salt and pepper.
2. Transfer the mushrooms into a small bowl and set aside.
3. Reduce heat to medium and add another 1 tbsp oil to the pot. Add spinach and cook until soft, about 3-4 minutes. Set aside.
4. Add 1 tbsp oil to pot, if necessary. Add onion and cook until soft, approximately 4 minutes.
5. Add 3 cloves of garlic and saute just until fragrant, about 30 seconds.
6. Add the barley and stir to coat. Cook 2 minutes, stirring often, then add thyme, remaining garlic clove, salt and pepper. Cook 1 additional minute.
7. Add 2 full ladles of the broth (mixed with water) to the barley. Stir and simmer over medium heat until the broth is absorbed, 5-10 minutes. Stir often but not constantly. Continue adding broth, 2 ladlefuls at a time, until it is all absorbed and the barley is soft, 25-30 minutes total.
8. Top barley with spinach and mushrooms. Serve and enjoy, or refrigerate until ready to eat.

Mushroom spinach pasta

4 Servings

Ingredients

For base:

- 2 tbsp olive oil
- ½ onion, diced
- 4 cloves garlic, minced
- 8 oz (or whatever remains if less) white mushrooms, sliced
- 6 cups (6 handfuls) (or whatever remains if less) spinach
- 8 oz (½ box) whole wheat spaghetti **OR** spaghetti squash
- Salt and pepper



For sauce:

- 2 tbsp olive oil
- 3 tbsp flour
- 1 tsp low sodium vegetable better than bouillon, made into 1 cup of broth
- 1 cup milk

Additional cost: \$1.24 - \$5.00 (Average: \$3.12)

Instructions

If using spaghetti squash:

1. Preheat oven to 400 F.
2. Cut squash in half horizontally. Scoop out seeds with a spoon.
3. Drizzle oil over inside half of squash and season with salt and pepper (can use hands to help spread oil around).
4. Place the halves cut-side down on a sheet pan.
5. Roast for 40-50 minutes, or until the flesh separates easily from the inside and/or skin gives slightly when pressed.

If using pasta:

1. Bring a large pot of water to a boil over high heat and cook pasta according to packet instructions, al dente.

For sauce:

WEEK 1: DINNER 2

1. In a large skillet, heat 1 tbsp oil over medium heat. Add onions and cook until lightly golden and soft, about 4 minutes.
2. Add minced garlic and stir for 30 seconds or until garlic is fragrant.
3. Add sliced mushrooms and remaining oil and turn the heat to medium-high. Cook mushrooms until golden brown, about 5-6 minutes.
4. Once mushrooms are cooked, stir in 2 tbsp flour.
5. Slowly pour in milk, stirring constantly.
6. Add vegetable broth and continue to stir. Let sauce simmer for 1 minute.
7. Meanwhile, mix 1 tbsp flour with 2 tbsp cold water in a small bowl. Add to skillet once combined.
8. Cook over medium-high until the sauce is thickened, about 2 minutes. Stir frequently.
9. Add spinach, salt and pepper and stir to combine. If you prefer crisper spinach immediately turn off heat (spinach will continue to wilt as you stir). If you prefer fully wilted spinach, keep heat on for 1-2 minutes, stirring to mix. Taste the sauce and adjust for seasoning.
10. Spoon sauce over spaghetti squash or pasta and mix to combine.
11. Serve and enjoy, or refrigerate until ready to eat.

Tomato sauce pasta

4 Servings

Ingredients

- 1-2 tbsp olive oil
- 1 clove garlic, minced
- 8 oz (or whatever remains if less) white mushrooms, sliced
- 6 cups (6 handfuls) (or whatever remains if less) spinach
- 2 cups tomato sauce (for non-creamy option) **OR** ⅓ cup tomato paste + 1 cup milk (for creamy option) + ½ cup tomatoes, diced (if leftover)
- 8 oz (½ box) whole wheat spaghetti **OR** spaghetti squash
- Salt and pepper



Additional cost: \$1.24 - \$5.00 (Average: \$3.12)

Instructions

If using spaghetti squash:

1. Preheat oven to 400 F.
2. Cut squash in half horizontally. Scoop out seeds with a spoon.
3. Drizzle oil over inside half of squash and season with salt and pepper (can use hands to help spread olive oil around).
4. Place the halves cut-side down on a sheet pan.
5. Roast for 40-50 minutes, or until the flesh separates easily from the inside and/or skin gives slightly when pressed.

If using pasta:

1. Bring a large pot of water to a boil over high heat and cook pasta according to packet instructions, al dente.

For sauce:

1. Heat 1 tbsp oil in a skillet over medium-high heat. Add the mushrooms and garlic. Cook until the mushrooms are browned, about 5-6 minutes. Season with salt and pepper.
2. For creamy sauce: Add the tomato paste and stir until mixture is combined, about 3 minutes. Add milk and ⅓ cup water and simmer, stirring occasionally, until well mixed, about 5 minutes.

WEEK 1: DINNER 2

For non-creamy sauce: Add the tomato sauce and stir to combine. Let simmer about 5 minutes, stirring occasionally.

3. Add spinach and stir. If you prefer crisper spinach immediately turn off heat (spinach will continue to wilt as you stir). If you prefer fully wilted spinach, keep heat on for 1-2 minutes, stirring to mix.
4. Spoon over pasta or spaghetti squash and mix to combine.
5. Serve and enjoy, or refrigerate until ready to eat.

Chickpea spinach pasta

4 Servings

Ingredients

- 2-3 tbsp olive oil
- ½ onion, finely chopped
- 2 cloves garlic, minced
- 6 cups (6 handfuls) (or whatever remains if less) spinach
- 1 (15 oz) can chickpeas, drained and rinsed
- 8 oz (½ box) whole wheat spaghetti **OR** spaghetti squash
- 1 tsp thyme
- 1 tbsp flour
- Lemon juice for serving
- Salt and pepper
- 1 cup milk (optional)



Additional cost: \$2.10 - \$7.00 (Average: \$4.55)

Instructions

If using spaghetti squash:

1. Preheat oven to 400 F.
2. Cut squash in half horizontally. Scoop out seeds with a spoon.
3. Drizzle oil over inside half of squash and season with salt and pepper (can use hands to help spread olive oil around).
4. Place the halves cut-side down on a sheet pan.
5. Roast for 40-50 minutes, or until the flesh separates easily from the inside and/or skin gives slightly when pressed.

If using pasta:

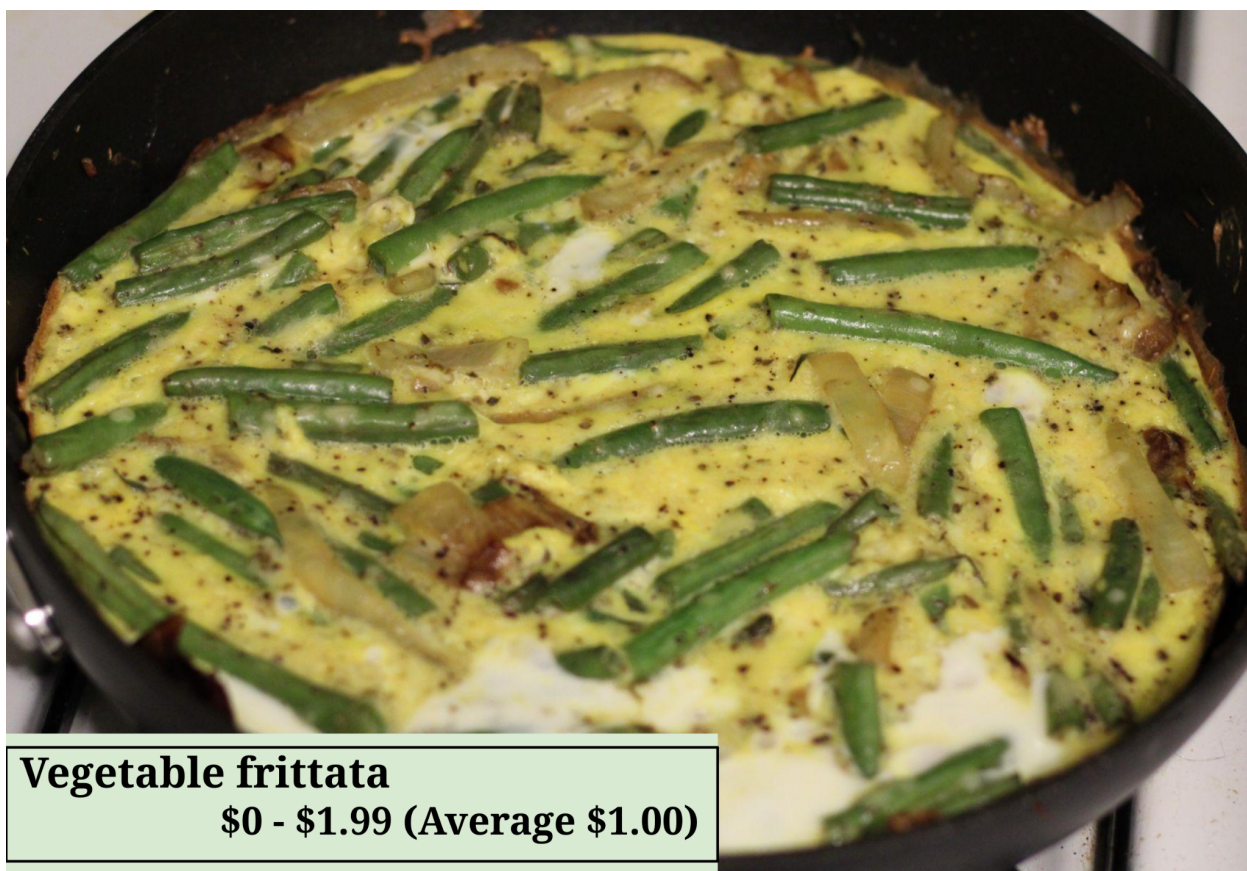
1. Bring a large pot of water to a boil over high heat and cook pasta according to packet instructions, al dente.

For sauce:

WEEK 1: DINNER 2

1. Heat 1 tbsp oil in a large skillet over medium-high. Add the chickpeas and thyme and season with salt and pepper. Cook, stirring occasionally, until chickpeas become golden brown, 5-7 minutes.
2. Set aside about half the chickpeas in a separate bowl.
3. Reduce the heat to medium and add 1 tbsp oil, onion and garlic to the skillet. Cook until onion is softened, about 4 minutes.
4. *If using milk:* Add the milk and stir to incorporate. Mix 1 tbsp flour with 2 tbsp cold water in a separate small bowl. Add to skillet once combined and cook over medium, stirring, until the sauce thickens, about 3 minutes.
If not using milk: Smash the removed chickpeas and add back to pan. Stir to create creamy sauce.
5. Turn off the heat, stir in the spinach and season to taste with salt, pepper and lemon juice if desired.
6. Serve and enjoy, or refrigerate until ready to eat.

EXTRA



Vegetable frittata

\$0 - \$1.99 (Average \$1.00)

Vegetable frittata

4 servings

Ingredients

- 2 tbsp olive oil
- 4-6 eggs
- ½ onion, sliced
- Leftover produce, pick and choose as desired
 - Leftover white mushrooms, sliced
 - Leftover green beans, cut into bite-sized pieces
 - Leftover spinach
- Salt and pepper

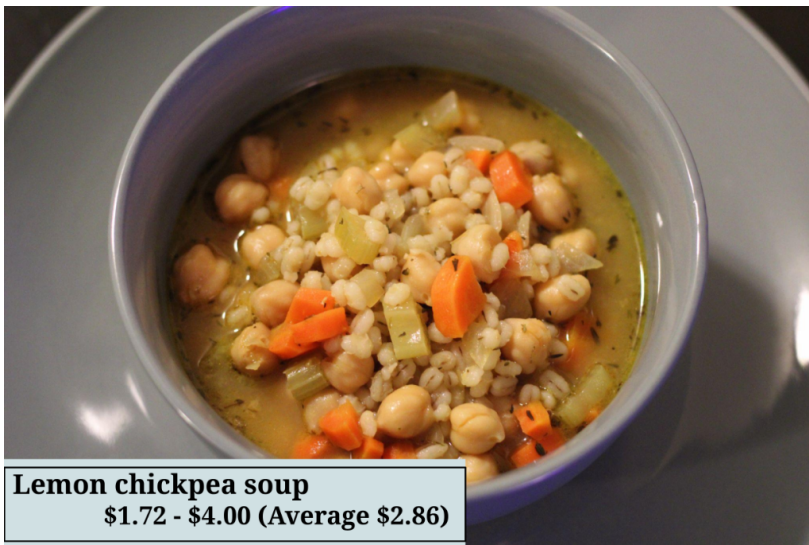


Additional cost: \$0 - \$1.99 (Average: \$1.00)

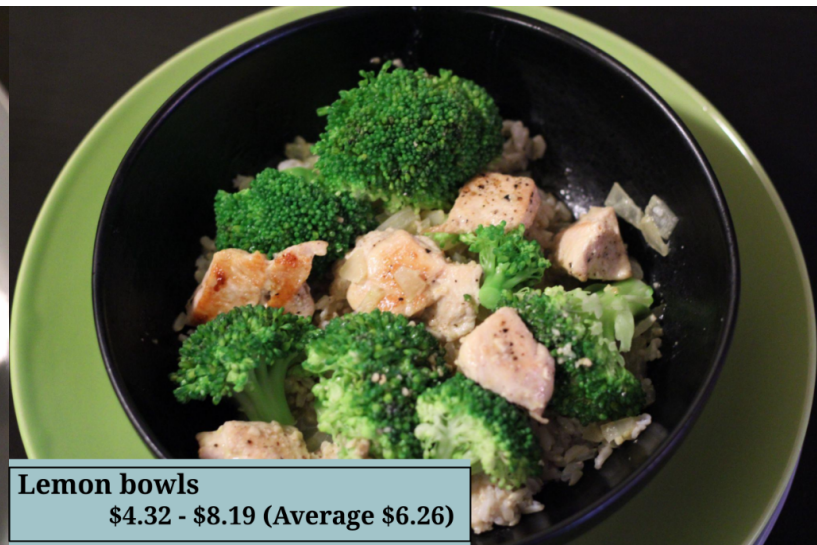
Instructions

1. Heat oil in a skillet over medium. Add onion, salt and pepper and cook until soft, 4-5 minutes. Set aside.
2. Increase heat to medium-high and add vegetables. If using both mushrooms and green beans, cook in separate batches. Cook mushrooms first.
For mushrooms: Cook over medium-high, stirring, until browned. Set mushrooms and onions aside in a separate bowl while cooking green beans to avoid overcooking.
For green beans: Cook over medium-high heat until beans start to get brown and charred. When vegetables are nearly done, turn heat down and cook, stirring occasionally, until tender.
3. Meanwhile, beat eggs with some salt and pepper in a separate bowl.
4. When vegetables are cooked, add all vegetables and onion mixture to pan.
5. Pour egg mixture over the vegetables, distributing evenly. You may have to tilt the pan at this point to ensure egg mixture coats all vegetables.
6. Cook, without stirring, until eggs are set, about 10 minutes. If top is not setting, cover with a lid and cook until set.
7. Cut frittata into wedges to serve. Serve and enjoy, or refrigerate until ready to eat.

LUNCH



Lemon chickpea soup
\$1.72 - \$4.00 (Average \$2.86)



Lemon bowls
\$4.32 - \$8.19 (Average \$6.26)



Ginger-green onion bowls
\$4.32 - \$8.19 (Average \$6.26)



Orange chicken bowls
\$4.32 - \$9.44 (Average \$6.88)

Lemon chickpea soup

4 Servings

Ingredients

- 2 tbsp olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 large carrots, chopped
- 2 stalks celery, chopped
- 2 (15 oz) cans chickpeas, drained and rinsed
- $\frac{2}{3}$ cups dry barley
- 5 tsp low sodium vegetable better than bouillon, made into 5 cups of broth
- 2-3 tsp thyme
- 2 tbsp lemon juice (1 lemon)
- Salt and pepper, to taste



Additional cost: \$1.72 - \$4.00 (Average: \$2.86)

Instructions

1. Heat oil in a large pot on medium-high heat. Add onion, carrot, celery and garlic and cook until vegetables begin to soften, 7-8 minutes.
2. Add in chickpeas, barley, broth and thyme and bring to a low boil.
3. Reduce the heat to low and simmer, with the lid slightly ajar, for about 30 minutes or until barley is cooked through. Stir occasionally.
4. Stir in lemon juice.
5. Taste and adjust seasonings as desired. Add an additional cup of water if you want the soup thinner.
6. Divide evenly among 4 containers. Refrigerate until ready to eat.

Lemon bowls

4 Servings

Ingredients

- 2 tbsp olive oil
- 2 chicken breasts, pat dry and cut into bite-size pieces **OR** 1 (14 oz) tofu, pressed and cut into bite-size cubes
- 1/3 cup onion, diced
- 3 cloves garlic, minced
- 1 large or 2 small crowns broccoli, cut into florets
- 1 tsp low sodium vegetable or chicken better than bouillon, made into 1 cup of broth
- 1/4 cup milk
- 1 cup dry brown rice
- 2 tbsp lemon juice (1 lemon)
- Salt and pepper



Additional cost: \$4.32 - \$8.19 (Average: \$6.26)

Instructions

For rice (if desired):

1. Cook brown rice by putting 1 cup rice and 2 cups water in a pot. Bring to boil.
2. Reduce heat to low, cover tightly and simmer for 40-45 minutes until the water is absorbed.
3. Remove from heat and let sit (covered) for 10 minutes to finish steaming. Fluff with fork.

For protein:

1. Drain the tofu and line one plate with a kitchen towel or paper towels. Place drained tofu on top and cover with a second kitchen towel or paper towels. Cover with a second plate and place a heavy can (or other item with weight) on top to press the tofu as you prep other ingredients, approximately 5 minutes. Cut into bite sized cubes when done.
OR
2. Pat chicken breast dry with paper towels and cut into bite-sized pieces.

For bowls:

1. Sprinkle salt and pepper on both sides of the protein.
2. Combine the broth, lemon juice, and garlic in a bowl.

WEEK 2: LUNCH

3. Heat the oil in a skillet over medium-high heat.
If using chicken: Add chicken and cook until cooked through, (165 F and/or white inside with juices running clear). Remove from heat and set aside.
If using tofu: Add tofu and cook until golden brown. Remove from heat and set aside.
4. Reduce heat to medium and add the onions and broth mixture to the skillet.
5. Bring sauce to a simmer. Continue to simmer until only about $\frac{1}{3}$ cup of the sauce is left, 10-15 minutes.
6. While sauce is simmering, cook the broccoli. Bring pot of water to boil on stove. Once boiling, add broccoli florets and cook until bright green and stems are just tender, 2-3 minutes. Immediately drain broccoli and run under cold water, turning, until cooled. Set aside.
7. When the sauce has reduced, add the milk, protein and broccoli. Stir to combine and then remove from heat.
8. Add additional lemon juice, to taste. Divide rice and protein/broccoli mixture evenly between 4 containers and refrigerate until ready to eat.

Ginger-green onion bowls

4 Servings

Ingredients

- 2-3 tbsp olive oil
- 1 (14 oz) tofu, pressed and cut into bite-sized cubes **OR** 2 chicken breasts, pat dry and cut into bite-size pieces
- 2 tbsp ginger, peeled and minced
- 1 large or 2 small crowns broccoli, cut into florets
- 4 green onions, diced, white and green parts separated
- 1 tbsp low sodium soy sauce
- 1 tbsp sesame oil
- 2 tsp rice vinegar
- 1 cup dry brown rice



Additional cost \$4.32 - \$8.19 (Average: \$6.26)

Instructions

For rice (if desired):

1. Cook brown rice by putting 1 cup rice and 2 cups water in a pot. Bring to boil.
2. Reduce heat to low, cover tightly and simmer for 40-45 minutes until the water is absorbed.
3. Remove from heat and let sit (covered) for 10 minutes to finish steaming. Fluff with fork.

For protein:

1. Drain the tofu and line one plate with a kitchen towel or paper towels. Place drained tofu on top and cover with a second kitchen towel or paper towels. Cover with a second plate and place a heavy can (or other item with weight) on top to press the tofu as you prep other ingredients, approximately 5 minutes. Cut into bite sized cubes when done.
OR
2. Pat chicken breast dry with paper towels and cut into bite-sized cubes.

For bowls:

1. Bring a pot of water to a boil. Add the broccoli and cook until bright green and stems are just tender, 2-3 minutes. Immediately drain and run under cold water, turning, until cooled. Set aside.

WEEK 2: LUNCH

2. Mix together the green parts of the green onions, soy sauce, sesame oil and rice vinegar in a bowl
3. Heat 2 tbsp oil in skillet over medium-high heat. Add ginger and white parts of the green onions and cook 2-3 minutes, allowing mixture to sizzle but not brown.
4. Remove from the heat and add to the green scallion mixture in the bowl, stirring to combine.
5. *If using chicken: In a separate skillet, heat 1 tbsp oil over medium-high heat. Add chicken and cook until cooked through, (165 F and/or white inside with juices running clear). Remove from heat and set aside.*
6. Mix broccoli, protein and ginger-green onion mixture in a large bowl or plate. Season with pepper.
7. Divide rice and protein/broccoli mixture evenly between 4 containers. Refrigerate until ready to eat.

Orange chicken bowls

4 Servings

Ingredients

- 1 tbsp olive oil
- 2 chicken breasts, pat dry and cut in half horizontally **OR** 1 (14 oz) tofu, pressed and cut into bite-sized cubes
- 4 cloves garlic, minced
- 1 tbsp ginger, peeled and minced
- 1 large or 2 small broccoli crowns, cut into florets
- 1 orange, zested then quartered and seeded
- 1 cup dry brown rice
- *½ cup plain greek yogurt (optional)*
- Salt and pepper



Additional cost: \$4.32 - \$9.44 (Average: \$6.88)

Instructions

For rice (if desired):

1. Cook brown rice by putting 1 cup rice and 2 cups water in a pot. Bring to boil.
2. Reduce heat to low, cover tightly and simmer for 40-45 minutes until the water is absorbed.
3. Remove from heat and let sit (covered) for 10 minutes to finish steaming. Fluff with fork.

For protein:

1. Drain the tofu and line one plate with a kitchen towel or paper towels. Place drained tofu on top and cover with a second kitchen towel or paper towels. Cover with a second plate and place a heavy can (or other item with weight) on top to press the tofu as you prep other ingredients, approximately 5 minutes. Cut into bite sized cubes when done.

OR

2. Pat chicken breast dry with paper towels and cut in half horizontally.

For bowls:

1. Preheat oven to 450 F.
2. Combine orange zest, ginger, garlic, *yogurt (if using)*, salt and pepper in a medium bowl.
3. Add chicken to bowl and coat both sides of the chicken with the marinade mixture. Set aside.

WEEK 2: LUNCH

4. Transfer broccoli florets to a sheet pan. Season with oil, salt and pepper and toss to coat.
5. Place chicken among the vegetables and drizzle any remaining marinade on top. Place orange quarters, cut-side down, in the pan.
6. Transfer the pan to the oven and cook until the chicken is cooked through (165 F and/or the inside is white and juices run clear) and broccoli is slightly charred, 15-20 minutes.
7. Remove chicken from the oven and let sit for 5 minutes to allow orange quarters to cool. Once able to handle, squeeze juice over the chicken and broccoli.
8. Divide rice, protein and broccoli evenly between 4 containers. Refrigerate until ready to eat.

DINNER 1



Cilantro lime chicken
\$2.50 - \$6.48 (Average \$4.49)



Cilantro lime black bean bowls
\$3.71 - \$6.09 (Average \$4.90)



Spaghetti zucchini boats
\$5.44 - \$13.96 (Average \$9.70)



Taco zucchini boats
\$5.44 - \$13.96 (Average \$9.70)

Cilantro lime chicken

4 Servings

Ingredients:

- 1 tbsp olive oil
- 2 chicken breasts, pat dry and sliced in half horizontally
- 4 cups corn kernels **OR** 1 onion, sliced and 1 bell pepper, sliced **OR** combination of both
- 4 cloves garlic, minced
- 2 tbsp cilantro, chopped
- 2 tbsp lime juice (1 lime) *(plus zest if using real lime)*
- *½ cup plain greek yogurt (optional)*
- *1 cup dry brown rice (optional)*
- Chili powder, to taste
- Salt and pepper, to taste



Additional cost: \$2.50 - \$6.48 (Average: \$4.49)

Instructions

For rice (if desired):

1. Cook brown rice by putting 1 cup rice and 2 cups water in a pot. Bring to boil.
2. Reduce heat to low, cover tightly and simmer for 40-45 minutes until the water is absorbed.
3. Remove from heat and let sit (covered) for 10 minutes to finish steaming. Fluff with fork.

For protein/vegetables:

4. Preheat oven to 450 F.
5. Combine 1 tbsp lime juice, garlic, cilantro, *lime zest (if using)*, *yogurt (if using)*, salt and pepper in a medium bowl.
6. Add chicken to bowl and coat both sides of the chicken with the marinade mixture. Set aside.
7. Transfer vegetables to a sheet pan *(if using frozen corn - no need to thaw first)*. Season with oil, salt and pepper and toss to coat.
8. Place chicken among the vegetables and drizzle their marinade on top. *Place other half of lime, cut-side down, in the pan if using real lime.*

WEEK 2: DINNER 1

9. Transfer the pan to the oven and cook until the chicken is cooked through (165 F and/or the inside is white and juices run clear) and vegetables are slightly charred, 15-20 minutes.
10. Remove chicken from the oven. *If using real lime, let sit for 5 minutes to allow lime to cool. Once able to handle, squeeze juice over the chicken and vegetables.* Top with remaining lime juice and chili powder, if desired.
11. Serve and enjoy, or refrigerate until ready to eat.

Cilantro lime black bean bowls

4 Servings

Ingredients

- 4 tbsp olive oil
- 2 cloves garlic, minced
- 4 cups romaine, chopped
- 2 cups corn
- 4 tbsp lime juice (2 limes)
- 4 tbsp cilantro, chopped, plus more for serving if desired
- 2 (15 oz) cans black beans
- 1 cup dry brown rice
- Salt and pepper, to taste
- Chili powder, to taste



Additional cost \$3.71 - \$6.09 (Average: \$4.90)

Instructions

For rice:

1. Cook brown rice by putting 1 cup rice and 2 cups water in a pot. Bring to boil.
2. Reduce heat to low, cover tightly and simmer for 40-45 minutes until the water is absorbed.
3. Remove from heat and let sit (covered) for 10 minutes to finish steaming. Fluff with fork.

For bowl:

1. Combine 3 tbsp oil, lime juice, garlic and cilantro in a bowl. Season with salt and pepper to taste.
2. Heat a small pot over medium heat and add black beans with liquid. Heat until warm, stirring frequently.
3. Heat olive oil in a skillet over medium-high. Add in corn and stir occasionally until corn is brown and charred on both sides. Season corn with salt, pepper and chili powder, to taste.
4. Create a bowl with $\frac{1}{4}$ rice, $\frac{1}{4}$ beans, $\frac{1}{4}$ corn, $\frac{1}{4}$ romaine and $\frac{1}{4}$ dressing drizzled over the top. Add additional cilantro, if desired. Serve and enjoy or refrigerate until ready to eat.

Spaghetti zucchini boats

4 Servings

Ingredients

- 2 tbsp olive oil
- 1 lb (16 oz) ground turkey **OR** 1 ½ cups dry brown lentils
- ½ onion, diced
- 2 cloves garlic, minced
- 4 zucchini or summer squash, ends cut off and cut in half lengthwise
- 2 cups tomato sauce
- Salt and pepper



If using lentil filling:

- 4 tsp low sodium vegetable better than bouillon, made into 4 cups of broth

Additional cost: \$5.44 - \$13.96 (Average: \$9.70)

Instructions

If using turkey:

1. Preheat the oven to 400 F.
2. Scrape out the flesh of the zucchini halves and set aside for later.
3. Lay the zucchini in a baking dish, cut side up. Drizzle with oil and season with salt and pepper.
4. Place zucchini on a sheet pan, insides up, and bake empty for 15 minutes. Remove from oven once done, but keep oven preheated.
5. In a large skillet, heat 1 tbsp oil over medium heat. Add the ground turkey, onion and garlic. Cook until the turkey is no longer pink and water is evaporated, 8-10 minutes.
6. Take the reserved zucchini flesh and squeeze out as much water as possible.
7. Add the zucchini flesh to skillet and cook an additional 2-3 minutes or until zucchini begins to soften.
8. Add tomato sauce, salt and pepper. Bring this mixture to a simmer, and cook until thickened, around 10 minutes.
9. Spoon the filling into each pre-baked zucchini boat, packing down with spoon if necessary.
10. Cover the baking dish with foil.

WEEK 2: DINNER 1

11. Bake at 400 F for an additional 15-20 minutes or until the zucchini is tender.
12. Serve and enjoy, or refrigerate until ready to eat.

If using lentils:

1. Preheat the oven to 400 F.
2. Scrape out the flesh of the zucchini halves and set aside for later.
3. Lay the zucchini in a baking dish, cut side up. Drizzle with oil and season with salt and pepper.
4. Place zucchini on a sheet pan, insides up, and bake empty for 15 minutes. Remove from oven once done, but keep oven preheated.
5. Meanwhile, add lentils and broth to a medium pot. Stir well, then bring to a boil over medium heat. Reduce heat to medium-low and simmer, uncovered, until the lentils are soft, about 20 minutes.
6. Take the reserved zucchini flesh and squeeze out as much water as possible.
7. In a large skillet, heat 1 tbsp oil over medium heat. Add the onion and cook until softened, about 5-6 minutes.
8. Add the tomato sauce, garlic, salt and pepper and cook until fragrant, about 1 minute.
9. Add the cooked lentils and zucchini flesh to the skillet. Cook an additional 2-3 minutes or until zucchini begins to soften.
10. Spoon the filling into each pre-baked zucchini boat, packing down with spoon if necessary.
11. Cover the baking dish with foil.
12. Bake at 400 F for an additional 15-20 minutes or until the zucchini is tender.
13. Serve and enjoy, or refrigerate until ready to eat.

Taco zucchini boats

4 Servings

Ingredients

- 2 tbsp olive oil
- 1 lb (16 oz) ground turkey **OR** 1 ½ cups dry brown lentils
- ½ onion, chopped
- 2 cloves garlic, minced
- 4 zucchini or summer squash, ends trimmed off and cut in half lengthwise
- 3 ½ tbsp taco seasoning: low sodium store bought **OR** homemade
 - Homemade - 1-2 tbsp chili powder (depending on preferred spice level), 1 tbsp cumin, ½ tbsp paprika, ½ tbsp garlic powder, ½ tbsp onion powder
- 1 cup corn
- ½ cup cilantro, chopped, plus more for serving (if desired)
- Salt and pepper
- 2 green onions, diced (optional)



Additional cost: \$5.44 - \$13.96 (Average: \$9.70)

Instructions

If using turkey:

1. Preheat the oven to 400 F.
2. Scrape out the flesh of the zucchini halves and set aside for later.
3. Lay the zucchini in a baking dish, cut side up. Drizzle with oil and season with salt and pepper.
4. Place zucchini on a sheet pan, insides up, and bake empty for 15-20 minutes. Remove from oven once done, but keep oven preheated.
5. Take the reserved zucchini flesh and squeeze out as much water as possible.
6. In a large skillet, heat 1 tbsp oil over medium heat. Add the ground turkey, onion and garlic. Cook until the turkey is no longer pink and there is no water left in the bottom, 8-10 minutes.
7. Add the taco seasoning, reserved zucchini, ½ cup water, salt and pepper. Bring to a simmer and cook until the liquid is mostly evaporated, about 10 minutes.
8. Add the corn to the mixture and continue cooking for another 5 minutes.
9. Add the chopped cilantro and stir to combine.

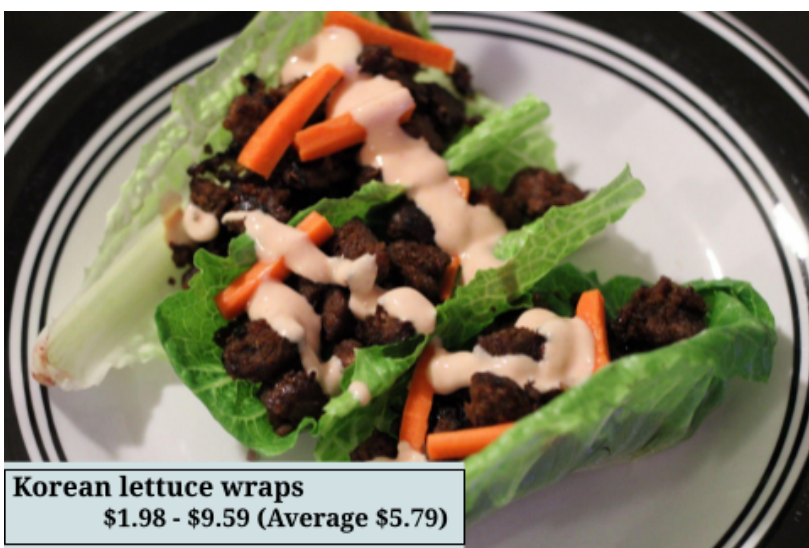
WEEK 2: DINNER 1

10. Spoon the filling into each zucchini boat, packing down with spoon if necessary.
11. Cover the baking dish with foil.
12. Bake at 400 F for an additional 15-20 minutes or until the zucchini is tender.
13. Top with more cilantro and *green onions*, if desired. Serve and enjoy, or refrigerate until ready to eat.

For lentil filling:

1. Preheat the oven to 400 F.
2. Scrape out the flesh of the zucchini halves and set aside for later.
3. Lay the zucchini in a baking dish, cut side up. Drizzle with olive oil and season with salt and pepper.
4. Place zucchini on a sheet pan, insides up, and bake empty for 15-20 minutes. Remove from oven once done, but keep oven preheated.
5. Meanwhile, in a medium pot, bring 2 cups water to boil. Add 1 ½ cups dry lentils, cover and reduce heat. Simmer covered for about 20 minutes, until lentils are tender.
6. Take the reserved zucchini pulp and squeeze out as much water as possible.
7. Heat 1 tbsp oil in a skillet. Add onion and saute until beginning to soften, about 3 minutes.
8. Add the garlic and cook for about 1 minute more.
9. Once tender, add the lentils, taco seasoning, reserved zucchini, ½ cup water and salt and pepper to the skillet. Bring this mixture to a simmer, and cook until the liquid is mostly evaporated, around 10 minutes.
10. Add the corn to the mixture and continue cooking for another 5 minutes.
11. Add the chopped cilantro and stir to combine.
12. Spoon the filling into each zucchini boat, packing down with spoon if necessary.
13. Cover the baking dish with foil.
14. Bake at 400 F for an additional 15-20 minutes or until the zucchini is tender.
15. Top with more cilantro and *green onions*, if desired. Serve and enjoy, or refrigerate until ready to eat.

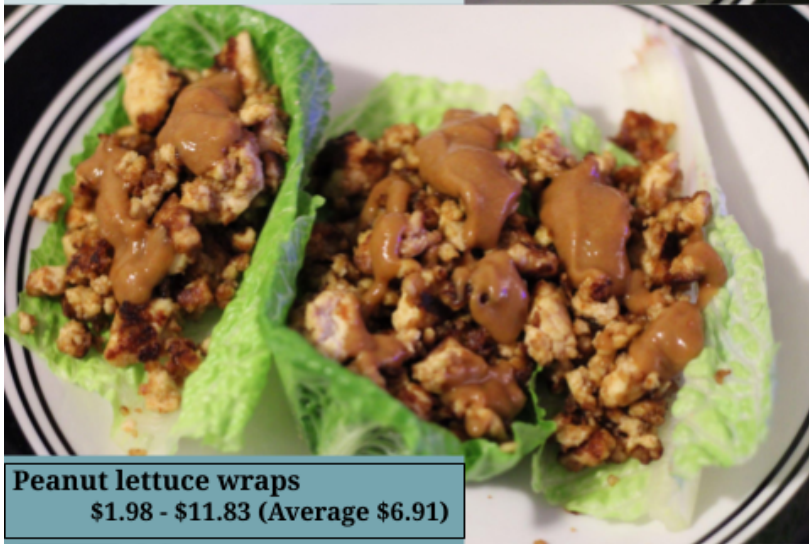
DINNER 2



Korean lettuce wraps
\$1.98 - \$9.59 (Average \$5.79)



Chicken/Tuna/Egg salad
\$0.98 - \$11.67 (Average \$6.34)



Peanut lettuce wraps
\$1.98 - \$11.83 (Average \$6.91)



Chicken wraps
\$2.50 - \$11.59 (Average \$7.05)

Korean lettuce wraps

4 Servings

Ingredients

For wraps:

- 1 tbsp olive oil
- 1 (14 oz) tofu **OR** 1 lb (16 oz) ground turkey
- ½ medium onion, diced
- 1 head romaine lettuce, pieces torn in half to create “boats” or chopped
- 2 carrots, shredded
- 3 green onions, diced (optional)



For sauce:

- 2 cloves garlic, minced
- ½ tbsp ginger, peeled and minced
- 3 tbsp low sodium soy sauce
- ½ tbsp sesame oil
- 2 tbsp brown sugar
- ½ tsp garlic powder
- ½ tsp onion powder

For spicy yogurt:

- ¼ cup greek yogurt
- 1 tbsp sriracha
- 1 tbsp lime juice

Additional cost: \$1.98 - \$9.59 (Average: \$5.79)

Instructions

If using tofu:

1. Drain the tofu and line one plate with a kitchen towel or paper towels. Place drained tofu on top and cover with a second kitchen towel or paper towels. Cover with a second plate and place a heavy can (or other item with weight) on top to press the tofu as you prep other ingredients, approximately 5 minutes.

For sauce:

WEEK 2: DINNER 2

1. Combine the soy sauce, sesame oil, brown sugar, garlic, ginger, garlic powder and onion powder in a small bowl.

For spicy yogurt:

1. Mix greek yogurt, sriracha and lime juice in a small bowl. Set aside.

For wraps:

1. Heat 1 tbsp of oil in a skillet over medium-high heat.
If using tofu: Crumble the tofu into the pan by breaking apart with your hands. Add onion. Cook until tofu is slightly browned.
If using turkey: Add turkey and onion and cook until browned and water at bottom evaporates, 8-10 minutes.
2. Add the sauce and bring to a simmer. Continue to cook until sauce is almost completely absorbed. Continue cooking to brown/caramelize if you desire a crispier texture.
3. Remove from heat.
4. Spoon your protein filling into romaine lettuce boats or spoon on top of chopped lettuce. Drizzle with spicy yogurt and top with carrots and *green onions*, if desired.
5. Serve and enjoy, or refrigerate until ready to eat.

Chicken/Tuna/Egg salad over lettuce

4 Servings

Ingredients

- 2 (5 oz) cans tuna, drained **OR** 2 chicken breasts, boiled and shredded **OR** 6-8 eggs
- 1 tbsp onion, diced
- 1 stalk celery, diced
- 4 cups romaine, chopped
- 1 ½ tbsp mustard, regular or dijon
- 2 tbsp plain greek yogurt
- Salt and pepper



Additional cost: \$0.98 - \$11.67 (Average: \$6.34)

Instructions

1. For tuna: Drain, then empty cans into a bowl.

For chicken: Place chicken breasts in a pot of cold water, salt and pepper. Bring to boil. Reduce to simmer and cover, cooking for 15-20 minutes or until chicken is cooked through (internal temperature of 165 F and/or the inside is white and juices run clear). Shred with 2 forks and transfer to a bowl.

For eggs: Place eggs in pot, cover with water. Bring to boil and cook for 10 minutes. Cool, peel and chop into chunks. Transfer to a bowl.

2. Add greek yogurt, mustard, celery, onion, salt and pepper to bowl and mix well.
3. Spoon mixture over chopped lettuce.
4. Serve and enjoy, or refrigerate until ready to eat.

Peanut lettuce wraps

4 Servings

Ingredients

For wraps:

- 2 tbsp olive oil
- 1 (14 oz) tofu **OR** 1 lb (16 oz) ground turkey
- $\frac{2}{3}$ cup dry brown rice **OR** 1 (12 oz) package frozen cauliflower
- 1 head romaine lettuce, pieces torn in half to create “boats” or chopped



For sauce:

- $\frac{1}{2}$ cup peanut butter
- 1 clove garlic, minced
- 1 tbsp ginger, peeled and minced
- 3 tbsp low sodium soy sauce
- 2 tbsp sesame oil
- 2 tbsp rice vinegar
- 2 tbsp sriracha
- 2 tbsp brown sugar
- Splash of water, to thin

Additional cost: \$1.98 - \$11.83 (Average: \$6.91)

Instructions

If using tofu:

1. Drain the tofu and line one plate with a kitchen towel or paper towels. Place drained tofu on top and cover with a second kitchen towel or paper towels. Cover with a second plate and place a heavy can (or other item with weight) on top to press the tofu as you prep other ingredients, approximately 5 minutes.

For sauce:

1. Blend all the sauce ingredients together in a bowl until smooth and creamy.

For wraps:

1. Heat 1 tbsp of oil in a skillet over medium-high heat.
If using tofu: Crumble the tofu into the pan by breaking apart with your hands. Cook until slightly browned.

WEEK 2: DINNER 2

If using turkey: Cook until browned and no water is left in the bottom.

2. Add the rice/cauliflower and most of the sauce to the pan. Cook mixture until browned and at desired crispiness, about 5 minutes or more.
3. Spoon your tofu and brown rice/cauliflower filling into romaine lettuce boats or spoon on top of chopped lettuce. Drizzle with extra sauce on top, if desired.
4. Serve and enjoy, or refrigerate until ready to eat.

Chicken wraps or salads

4 Servings

Ingredients

- 2 chicken breasts, boiled and shredded
- 4 cups romaine lettuce, chopped
- 2 carrots, shredded or cut into thin, ½ inch sticks
- 4 flour tortillas, softened in microwave for 10-30 seconds (optional; omit for lower carb meal)



Dressing options:

- ½ cup caesar salad dressing
- OR**
- 1 cup plain greek yogurt
 - 3 tbsp sriracha
 - 3 tbsp lemon or lime juice
- OR**
- 3 tbsp olive oil
 - 1 clove garlic, minced
 - 1 tbsp ginger, peeled and minced
 - ¼ cup peanut butter
 - 3 tbsp brown sugar
 - 3 tbsp rice vinegar
 - 1 tbsp low sodium soy sauce
 - 1 tsp sesame oil
 - Salt and pepper

Additional cost: \$2.50 - \$11.59 (Average: \$7.05)

Instructions

1. Place chicken breasts in a pot of cold water, salt and pepper. Bring to boil. Reduce to simmer and cover, cooking for 15-20 minutes or until chicken is cooked through (internal temperature of 165 F and/or the inside is white and juices run clear). Shred with 2 forks.

WEEK 2: DINNER 2

2. *Arrange tortillas on a flat surface, if using. Fill tortillas with $\frac{1}{4}$ chicken, $\frac{1}{4}$ carrots, $\frac{1}{4}$ lettuce and $\frac{1}{4}$ dressing.* If not using tortillas, divide lettuce, carrots, chicken and dressing among 4 containers.
3. Serve and enjoy or refrigerate until ready to eat.

EXTRA



Southwest salad
\$0.88 - \$1.28 (Average \$1.08)

Southwest salad

3-4 Servings

Ingredients

For salad:

- 1 tbsp olive oil
- 4 cups romaine lettuce, chopped
- 1 (15 oz) can black beans, drained
- 2 cups corn



For dressing:

- 1-2 tsp chili powder, depending on spice preference
 - 1 tsp paprika
 - ½ tsp cumin
 - ½ tsp garlic powder
 - 1 tbsp lime juice (½ lime)
 - 2 tbsp cilantro, chopped
 - ¾ cup greek yogurt
 - ¼ - ½ cup water
 - Salt and pepper
- OR**
- 4 tbsp olive oil
 - 2 cloves garlic, minced
 - 4 tbsp lime juice (2 limes)
 - 4 tbsp cilantro, chopped

Additional cost: \$0.88 - \$1.28 (Average: \$1.08)

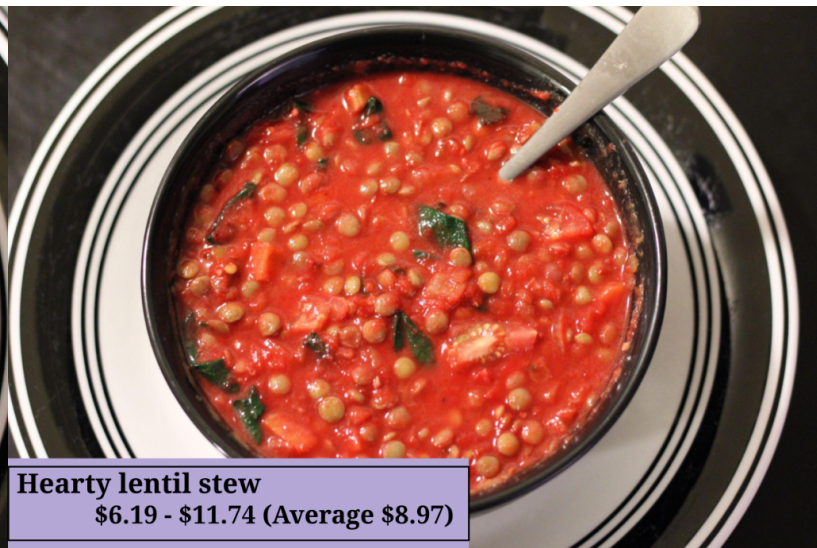
Instructions

1. Heat 1 tbsp oil in a skillet over medium-high. Add in corn and stir occasionally until corn is brown and charred on both sides.
2. In small bowl, mix dressing ingredients.
3. In a large bowl, add romaine, beans and corn. Mix to combine.
4. Drizzle dressing over salad, as desired. Serve and enjoy or refrigerate until ready to eat.

LUNCH



Curried lentils
\$6.38 - \$10.39 (Average \$8.39)



Hearty lentil stew
\$6.19 - \$11.74 (Average \$8.97)



Ground tofu stir fry
\$6.93 - \$11.71 (Average \$9.32)



Ground turkey stir fry
\$6.42 - \$13.72 (Average \$10.07)

Curried lentils

6 Servings

Ingredients

- 1 tbsp olive oil
- 3 cups (3 handfuls) kale, separated from stalk and chopped (or pre-chopped)
- 2 tbsp tomato paste
- 1 (13.5) oz can unsweetened lite coconut milk
- 3 tbsp red curry paste **OR** 1 tbsp curry powder
- 2 cups dry brown or green lentils



Additional cost: \$6.38 - \$10.39 (Average: \$8.39)

Instructions

1. Add lentils and 6 cups of water to a medium pot. Bring to boil, then reduce heat and let simmer for approximately 20 minutes until tender. Drain.
2. In a large skillet, heat oil over medium heat. Add kale and cook for several minutes, until tender and bright green.
3. Add the cooked lentils to the skillet.
4. Add the coconut milk, curry paste/powder and tomato paste.
5. Cook until ingredients are heated through and sauce is thickened, 2-3 minutes.
6. Divide evenly between 4 containers. Refrigerate until ready to eat.

Hearty lentil stew

4 Servings

Ingredients

- 2 tbsp olive oil
- 1 medium onion, diced
- 4 cloves garlic, minced
- 2 large carrots, chopped
- 2 celery ribs, chopped
- 3 cups (3 handfuls) kale, separated from stalk and chopped (or pre-chopped)
- 1 ½ tbsp paprika
- ½ tsp cumin
- 1 (28 oz) can crushed fire roasted tomatoes
- 4 tsp low sodium vegetable better than bouillon, made into 4 cups of broth
- 1 ½ cups dry brown or green lentils
- Salt and pepper



Additional cost: \$6.19 - \$11.74 (Average: \$8.97)

Instructions

1. Heat oil in a large pot over medium heat. Add the onion, carrot, celery and garlic and cook 3-4 minutes, or until onions are just translucent.
2. Add the paprika, cumin and lentils and stir for 1 minute.
3. Add the broth and canned tomatoes (with their juices).
4. Bring to a simmer and cover. Simmer until lentils are tender, about 20 min.
5. Stir in the kale and cook until wilted, 2-3 minutes.
6. Remove from heat. Taste and season with salt and pepper as desired.
7. Divide evenly between 4 containers. Refrigerate until ready to eat.

Ground tofu stir fry

4 Servings

Ingredients

- 2 tbsp olive oil
- 1 (14oz) tofu
- 2 cloves garlic, minced
- 2 bell peppers, diced
- 3 cups (3 handfuls) kale, separated from stalk and chopped (or pre-chopped)
- 4 *green onions, diced (optional)*
- 3 tbsp low sodium soy sauce
- ½ tbsp sesame oil
- ½ tbsp brown sugar
- 1 cup dry brown rice



Additional cost: \$6.93 - \$11.71 (Average: \$9.32)

Instructions

For rice (if desired):

1. Cook brown rice by putting 1 cup rice and 2 cups water in a pot. Bring to boil.
2. Reduce heat to low, cover tightly and simmer for 40-45 minutes until the water is absorbed.
3. Remove from heat and let sit (covered) for 10 minutes to finish steaming. Fluff with fork.

For stir fry:

1. Drain the tofu and line one plate with a kitchen towel or paper towels. Place drained tofu on top and cover with a second kitchen towel or paper towels. Cover with a second plate and place a heavy can (or other item with weight) on top to press the tofu as you prep other ingredients, approximately 5 minutes.
2. Combine soy sauce, sesame oil, brown sugar and 1 tbsp water in a small bowl. Set aside.
3. Heat the oil in a large skillet over medium heat. Using your hands, crumble the tofu into the pan.
4. Add minced garlic. Stir and cook until the tofu is light golden brown.
5. Add the bell pepper and *green onions (if using)* to the skillet. Stir and cook for about 2 minutes.
6. Add the kale and continue to cook just until it is half wilted, about 1 minute.

WEEK 3: LUNCH

7. Add the sauce to the skillet. Stir to combine and continue to cook until the kale is fully wilted, 1-2 minutes
8. Divide stir fry mixture and rice evenly between 4 containers. Refrigerate until ready to eat.

Ground turkey stir fry

4 Servings

Ingredients

- 2 tbsp olive oil
- 1 lb (16 oz) ground turkey
- 2 cloves garlic, minced
- 2 bell peppers, diced
- 3 cups (3 handfuls) kale, separated from stalk and chopped (or pre-chopped)
- 4 *green onions, diced (optional)*
- 3 tbsp low sodium soy sauce
- ½ tbsp sesame oil
- ½ tbsp brown sugar
- 1 cup dry brown rice



Additional cost: \$6.42 - \$13.72 (Average: \$10.07)

Instructions

For rice (if desired):

1. Cook brown rice by putting 1 cup rice and 2 cups water in a pot. Bring to boil.
2. Reduce heat to low, cover tightly and simmer for 40-45 minutes until the water is absorbed.
3. Remove from heat and let sit (covered) for 10 minutes to finish steaming. Fluff with fork.

For stir fry:

1. Combine soy sauce, sesame oil, brown sugar and 1 tbsp water in a small bowl. Set aside.
2. Heat the oil in a large skillet over medium heat. Add the ground turkey and garlic and stir. Cook until the turkey is cooked through and water has evaporated, 8-10 minutes.
3. Add the bell pepper and *green onions (if using)* to the skillet. Stir and cook for about 2 minutes.
4. Add the kale and continue to cook just until it is half wilted, about 1 minute.
5. Add the sauce to the skillet. Stir to combine and continue to cook until the kale is fully wilted, 1-2 minutes.
6. Divide stir fry mixture and rice evenly between 4 containers. Refrigerate until ready to eat.

DINNER 1



Lemony white bean soup
\$3.70 - \$8.50 (Average \$6.10)



Coconut curry with chickpeas
\$6.05 - \$11.28 (Average \$8.67)



Butternut squash kale soup
\$3.93 - \$14.14 (Average \$9.04)



Creamy butternut squash soup
\$3.93 - \$14.14 (Average \$9.04)

Lemony white bean soup

4 Servings

Ingredients

- 2 tbsp olive oil
- 1 lb (16 oz) ground turkey **OR** 2 chicken breasts, boiled and shredded
- 1 large onion, diced
- 3 cloves garlic, minced
- 1 tbsp ginger, peeled and minced
- 1 large carrot, diced
- 2 cups (2 handfuls) kale, separated from stalk and chopped (or pre-chopped)
- 1 tbsp tomato paste
- $\frac{3}{4}$ tsp cumin
- 2 (15 oz) cans of white beans (great northern, cannellini or navy beans), drained and rinsed
- 4 tsp low sodium chicken better than bouillon, made into 4 cups of broth
- Lemon juice, to taste
- Salt and pepper, to taste



Additional: \$3.70 - \$8.50 (Average: \$6.10)

Instructions

If using chicken:

1. Place chicken breasts in a pot of cold water, salt and pepper. Bring to boil. Reduce to simmer and cover, cooking for 15-20 minutes or until chicken is cooked through (internal temperature of 165 F and/or the inside is white and juices run clear).

For soup:

1. Heat oil in a large pot over medium-high. Add onion and carrot and cook until soft and slightly brown, 7-10 minutes.
2. Add tomato paste and cumin and stir to combine. Cook about 1 minute.
3. *If using turkey:* Add turkey, garlic and ginger and cook until turkey is browned and no water remains, 8-10 minutes.
If using chicken: Shred chicken using 2 forks. Add chicken, garlic and ginger to skillet and stir to combine.
4. Add broth and beans and bring to simmer. Continue to simmer until soup thickens, 15-25 minutes.

WEEK 3: DINNER 1

5. Add kale to the pot and simmer until soft, 2-3 minutes.
6. Add lemon, salt, pepper and extra cumin, to taste. Serve and enjoy, or refrigerate until ready to eat.

Coconut curry with chickpeas

4 Servings

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tbsp ginger, minced
- 4 cups butternut squash, peeled and cut into small cubes
- 2 cups (2 handfuls) kale, separated from stalk and chopped (or pre-chopped)
- 1 (15 oz) can chickpeas, drained and rinsed
- 3 tbsp red curry paste **OR** 1 tbsp curry powder
- 1 (13.5 oz) can unsweetened lite coconut milk
- 1 tsp cumin
- Salt, to taste
- 1 cup dry brown rice (optional)



Additional cost: \$6.05 - \$11.28 (Average: \$8.67)

Instructions

For rice (if desired):

1. Cook brown rice by putting 1 cup rice and 2 cups water in a pot. Bring to boil.
2. Reduce heat to low, cover tightly and simmer for 40-45 minutes until the water is absorbed.
3. Remove from heat and let sit (covered) for 10 minutes to finish steaming. Fluff with fork.

For curry:

1. Heat oil in a large skillet over medium. Add the onion, garlic and ginger. Cook until onions are translucent, about 4 minutes
2. Add the curry powder/paste and cumin and cook for 1 more minute.
3. Add ½ cup water and butternut squash to skillet. Stir to combine. Cover and let the squash simmer until tender, about 10 minutes.
4. Add the coconut milk and chickpeas to the skillet. Stir to combine and cook for approximately 1 minute to heat.
5. Add the kale and cook until wilted, about 2-3 minutes.
6. Serve and enjoy, or refrigerate until ready to eat.

Butternut squash kale soup

6 Servings

Ingredients

- 1 tbsp olive oil
- 1 lb (16 oz) ground turkey **OR**
Omit
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 large carrots, chopped
- 2 stalks celery, chopped
- 4 cups butternut squash, peeled
and cut into cubes
- 2 cups (2 handfuls) kale, separated from stalk and chopped (or pre-chopped)
- 1 tsp thyme
- 2 (15 oz) cans white beans (great northern, cannellini or navy beans), drained and rinsed
- 8 cups low sodium vegetable or chicken better than bouillon, made into 8 cups of broth **OR**
5 cups low sodium vegetable or chicken better than bouillon, made into 5 cups broth
AND 3 cups water (*for a lower sodium alternative*)



Additional cost: \$3.93 - \$14.14 (Average: \$9.04)

Instructions

1. *If not using turkey, skip to step 2.*
Add the turkey meat to a skillet and cook over medium-high heat until browned and no water remains in the pan. Set aside.
2. Heat oil in a large pot over medium-high heat. Add the carrot, onion and celery. Cook until the vegetables become soft, 4-5 minutes.
3. Add the garlic and thyme. Cook for 1 more minute.
4. Add the butternut squash, beans, *turkey meat (if using)* and broth/broth and water.
5. Bring to a boil and then reduce heat so broth is simmering. Simmer for 15 minutes.
6. Add the kale and continue to simmer until wilted, 2-3 minutes.
7. Serve and enjoy, or refrigerate until ready to eat.

Creamy butternut squash kale soup

6 Servings

Ingredients

- 1 tbsp olive oil
- 1 lb (16 oz) ground turkey **OR**
Omit
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 large carrots, chopped
- 2 stalks celery, chopped
- 4 cups butternut squash, peeled
and cut into cubes
- 2 cups (2 handfuls) kale, separated from stalk and chopped (or pre-chopped)
- 1 tsp thyme
- 2 (15 oz) cans white beans (great northern, cannellini or navy beans), drained and
rinsed
- ½ cup milk
- 8 cups low sodium vegetable or chicken better than bouillon, made into 8 cups of broth
OR
5 cups low sodium vegetable or chicken better than bouillon, made into 5 cups broth
AND 3 cups water (*for a lower sodium alternative*)



Additional cost: \$3.93 - \$14.14 (Average: \$9.04)

Instructions

1. *If not using turkey, skip to step 2.*
Add the turkey meat to a skillet and cook over medium-high heat until browned and no water remains in the pan. Set aside.
2. Heat oil in a large pot over medium-high heat. Add the carrot, onion and celery. Cook until the vegetables become soft, 4-5 minutes.
3. Add the garlic and thyme. Cook for 1 more minute.
4. Add the butternut squash, beans, *turkey meat (if using)* and broth/broth and water.
5. Bring to a boil and then reduce heat so broth is simmering. Simmer for 15 minutes.
6. Add the milk and kale and continue to simmer until kale is wilted, 2-3 minutes.
7. Serve and enjoy, or refrigerate until ready to eat.

DINNER 2



Butternut squash hash
\$0 - \$7.63 (Average \$3.82)



Sheet pan chicken & vegetables
\$2.49 - \$9.41 (Average \$5.95)



Cabbage squash stir fry
\$4.88 - \$9.00 (Average \$6.94)



Spicy cabbage stir fry
\$4.37 - \$10.00 (Average \$7.19)

Butternut squash hash

4 Servings

Ingredients

- 2 tbsp olive oil
- 4 eggs
- ½ onion (yellow or red), chopped
- 2 cloves garlic, thinly sliced
- 2-3 cups (or whatever is left over if less) butternut squash, peeled and cut into cubes
- 2 cups (2 handfuls, or whatever is leftover if less) of kale, separated from stem and chopped (or pre-chopped)
- 2 tsp paprika
- 1 ½ tsp cumin
- Salt and pepper



Additional cost: \$0 - \$7.63 (Average: \$3.82)

Instructions

1. Heat 1 tbsp oil in a skillet over medium heat. Add the onion and garlic and cook until softened, 3-5 minutes.
2. Remove from the pan and set aside.
3. Heat the remaining oil in the skillet. Add the butternut squash and stir to coat. Add a splash of water and bring to simmer.
4. Cover and cook, stirring occasionally, until squash is tender, 8-10 minutes. Add more water as needed.
5. Add the onion and garlic back to the pan. Stir in the paprika, cumin and kale.
6. Make 4 wells in the hash and crack in the eggs. Reduce the heat to medium-low and cover. Cook until eggs are just set or cooked to desired consistency, 3-5 minutes.
7. Season with salt and pepper to taste. Serve and enjoy, or refrigerate until ready to eat.

Sheet pan chicken & vegetables

4 Servings

Ingredients

- 1 tbsp olive oil
- 2 chicken breasts, pat dry and cut in half horizontally **OR** 1 (14 oz) tofu, pressed and cut into bite-sized cubes
- 1 onion, cut into wedges
- 4 cloves garlic, minced
- ½ tbsp ginger, peeled and grated
- 2-3 cups leftover butternut squash, peeled and cut into cubes (if not leftover - omit)
- 1 lb brussel sprouts
- 3 tbsp low sodium soy sauce
- 2 tbsp brown sugar
- Salt and pepper, to taste



Additional cost: \$2.49 - \$9.41 (Average: \$5.95)

Instructions

For protein:

1. Drain the tofu and line one plate with a kitchen towel or paper towels. Place drained tofu on top and cover with a second kitchen towel or paper towels. Cover with a second plate and place a heavy can (or other item with weight) on top to press the tofu as you prep other ingredients, approximately 5 minutes. Cut into bite sized cubes when done.

OR

2. Pat chicken breast dry with paper towels and cut in half horizontally.

For sheet pan:

1. Preheat oven to 425 F.
2. Add the protein, squash, onion and brussel sprouts in a large bowl. Drizzle with oil and season with salt and pepper.
3. Pour onto large sheet pan and toss to mix well.
4. Mix together brown sugar, soy sauce, ginger and garlic. Pour over protein and vegetables.
5. Bake protein and vegetables for 20-25 minutes, or until the chicken is cooked (internal temperature of 165 F and/or the inside is white and juices run clear) and vegetables are cooked to desired tenderness.

WEEK 3: DINNER 2

6. Serve and enjoy, or refrigerate until ready to eat.

Cabbage butternut squash stir fry

4 Servings

Ingredients

- 2 tbsp olive oil
- 1 (14 oz) tofu, pressed and cut into thin rectangles **OR** 2 chicken breasts, pat dry and cut into bite-sized cubes
- 2 cloves garlic, minced
- 2 tsp ginger, peeled and minced
- 2-3 cups leftover butternut squash, peeled and cut into cubes (if not leftover - omit)
- 1 ½ lbs (about ½) red cabbage, cored and coarsely chopped
- 2 tbsp low sodium soy sauce
- 2 tsp sesame oil
- 1 tbsp rice vinegar
- 2 tsp brown sugar
- 1 tbsp flour
- Salt to taste



Additional cost: \$4.88 - \$9.00 (Average: \$6.94)

Instructions

For protein:

1. Drain the tofu and line one plate with a kitchen towel or paper towels. Place drained tofu on top and cover with a second kitchen towel or paper towels. Cover with a second plate and place a heavy can (or other item with weight) on top to press the tofu as you prep other ingredients, approximately 5 minutes. Cut into thin rectangles when done.
OR
2. Pat chicken breast dry with paper towels and cut into bite-sized cubes.

For stir fry:

1. Combine 1 tbsp soy sauce, rice vinegar, brown sugar, sesame oil and flour in a small bowl. Set aside.
2. Heat 1 tbsp of oil in a skillet over medium-high heat. Add the protein.

For tofu: Stir-fry until slightly golden, about 3 minutes.

For chicken: Stir-fry until golden brown and cooked through (internal temperature of 165 F, white inside and juices run clear), about 5 minutes.

WEEK 3: DINNER 2

3. Remove from the skillet and set aside. Season with remaining soy sauce.
4. Add the remaining oil to the skillet along with the butternut squash. Cook until squash is lightly browned, 5-8 minutes.
5. Add the ginger and garlic and cook for about 30 seconds.
6. Add the cabbage and cook until the squash is tender and cabbage is only partly wilted, about 6 minutes. Cabbage should still have some crunch. If vegetables begin to stick, add a splash of water to the skillet.
7. Return the protein to the skillet.
8. Add the sauce and stir to coat.
9. Serve and enjoy, or refrigerate until ready to eat.

Spicy cabbage stir fry

4 Servings

Ingredients

- 1 tbsp olive oil
- 1 lb (16 oz) ground turkey **OR** 1 (14 oz) tofu
- 2 cloves garlic, minced
- 1 tbsp ginger, peeled and minced
- 2 carrots, shredded or cut into skinny ½ inch sticks
- 1 ½ lbs (about ½ head) green (or purple) cabbage, cored and sliced into ribbons
- 3 *green onions, diced (optional)*
- 2 tbsp low sodium soy sauce
- 1 tbsp sesame oil
- ½ tbsp brown sugar
- 1 tbsp sriracha, plus more for garnishing
- Salt and pepper



Additional cost: \$4.37 - \$10.00 (Average: \$7.19)

Instructions

1. *If not using tofu, skip to step 2:*
Drain the tofu and line one plate with a kitchen towel or paper towels. Place drained tofu on top and cover with a second kitchen towel or paper towels. Cover with a second plate and place a heavy can (or other item with weight) on top to press the tofu as you prep other ingredients, approximately 5 minutes.
2. Combine the soy sauce, sesame oil, sriracha and brown sugar in a small bowl. Set aside.
3. Heat oil in a large skillet over medium heat.
If using tofu: Crumble tofu into pan using hands and add garlic, ginger and a pinch of salt and pepper. Cook until tofu is lightly golden.
If using turkey: Add turkey and cook until browned and no water remains. Add garlic, ginger, salt and pepper.
4. Add the cabbage and carrots to the skillet. Cook until the cabbage is slightly or completely wilted, depending on preference.
5. Add the sauce and the *green onions (if using)* and stir to combine.
6. Drizzle with sriracha to taste. Serve and enjoy or refrigerate until ready to eat.

EXTRA



Kale, squash & chickpea salad
\$0.86 - \$2.00 (Average \$1.43)

Kale, butternut squash & chickpea salad

2-4 Servings

Ingredients:

- 5 tbsp olive oil
- 2 garlic clove, minced
- Leftover kale, separated from stalk and chopped (or pre-chopped)
- Leftover butternut squash, peeled and cut into cubes
- 1 (15 oz) can chickpeas, drained and rinsed
- 2 tsp cumin **OR** 2 tsp paprika **OR** 2 tsp curry powder
- 1 tbsp lime juice ($\frac{1}{2}$ lime), plus additional to taste
- Salt

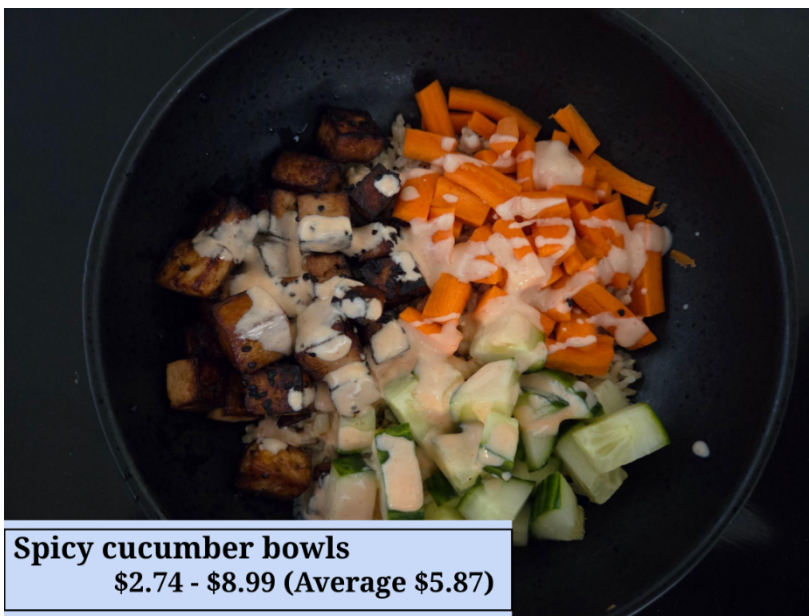


Additional cost: \$0.86 - \$2 (Average: \$1.43)

Instructions:

1. Preheat oven to 400 F.
2. Combine 4 tbsp olive oil, garlic, lime juice, cumin/paprika/curry powder and salt in a small bowl.
3. Add the butternut squash and chickpeas to a bowl and stir to combine.
4. Pour squash and chickpeas onto a baking sheet and spread into an even layer. Roast for 20-25 minutes or until squash is tender. Stir halfway through.
5. Meanwhile, drizzle 1 tbsp olive oil over kale and massage with hands to coat. This will help soften the kale.
6. Once done, let chickpeas and butternut squash cool for about 5 minutes.
7. Add squash and chickpeas to kale.
8. Add additional lime juice, if desired. Serve and enjoy, or refrigerate until ready to eat.

LUNCH



Spicy cucumber bowls
\$2.74 - \$8.99 (Average \$5.87)



Cabbage bowls
\$2.50 - \$12.19 (Average \$7.35)



Lemon chickpea salad
\$5.84 - \$8.97 (Average \$7.41)



Salmon cakes over greens
\$6.52 - \$9.49 (Average \$8.01)

Spicy cucumber bowls

4 Servings

Ingredients

- 1 tbsp olive oil
- 2 (5 oz) cans salmon, drained **OR** 1 (14 oz) tofu, pressed and cubed
- 2 cucumbers, chopped
- 2 carrots, grated or cut into thin, ½ inch sticks
- 4 cloves garlic, minced
- 2 ½ tbsp lime juice (~1 lime)
- 2 tbsp low sodium soy sauce
- 1 tbsp sesame oil
- 1 ½ tbsp brown sugar
- 3 tbsp greek yogurt
- 3 tsp sriracha sauce, plus more for topping
- 1 cup dry brown rice
- 2 green onions, diced (optional for garnishing)
- Leftover cilantro (optional for garnishing)



Additional cost: \$2.74 - \$8.99 (Average: \$5.87)

Instructions

For rice:

1. Cook brown rice by putting 1 cup rice and 2 cups water in a pot. Bring to boil.
2. Reduce heat to low, cover tightly and simmer for 40-45 minutes until the water is absorbed.
3. Remove from heat and let sit (covered) for 10 minutes to finish steaming. Fluff with fork.

For protein:

1. Drain the tofu and line one plate with a kitchen towel or paper towels. Place drained tofu on top and cover with a second kitchen towel or paper towels. Cover with a second plate and place a heavy can (or other item with weight) on top to press the tofu as you prep other ingredients, approximately 5 minutes. Cut into bite sized cubes when done.
OR
2. Drain the salmon and set aside.

For bowls:

WEEK 4: LUNCH

1. Add protein, oil, garlic, soy sauce, 1 ½ tbsp lime and brown sugar together in a bowl and mix to combine.
2. Heat sesame oil in a skillet on medium-high heat. Add the protein and cook until golden brown.
3. Mix together greek yogurt, sriracha and remaining lime juice in a separate bowl.
4. Divide rice, protein and vegetables evenly between 4 containers. *Top with cilantro and green onion, if desired.* Drizzle with spicy yogurt. Refrigerate until ready to eat.

Cabbage bowls

4 Servings

Ingredients

For bowls:

- 2 tbsp olive oil
- 1 (14 oz) tofu, pressed and cubed **OR** 2 chicken breasts, pat dry and cut into bite-size pieces
- 3 cloves garlic, minced
- 1 small or ½ large green cabbage, core removed and chopped
- ½ cup lightly packed green onion
- ½ cup lightly packed cilantro
- 2 tbsp low sodium soy sauce
- 1 tsp garlic powder
- 1 tbsp flour
- Pepper
- 1 large crown broccoli, cut into florets (optional) **OR** 1 cucumber, chopped



For sauce:

- 4 tbsp peanut or other seed butter
- 2 tbsp low sodium soy sauce
- 1 tbsp rice wine vinegar
- 2 tsp sriracha
- 4 tbsp milk
- Pinch of brown sugar
- Salt and pepper

Additional cost: \$2.50 - \$12.19 (Average: \$7.35)

Instructions

For protein:

1. Drain the tofu and line one plate with a kitchen towel or paper towels. Place drained tofu on top and cover with a second kitchen towel or paper towels. Cover with plate and place a heavy can (or other item with weight) on top to press the tofu as you prep other ingredients, approximately 5 minutes. Cut into bite sized cubes when done.
OR
2. Pat chicken breast dry with paper towels and cut into bite-sized pieces.

WEEK 4: LUNCH

For broccoli (if using):

1. *Bring a pot of water to a boil. Add broccoli to the pot and boil for 2-3 minutes, until stems are tender and florets are bright green. Immediately drain and run under cold water, turning, until cooled. Set aside.*

For bowls:

1. Preheat the oven to 425 F.
2. Mix the protein with soy sauce, garlic powder, flour and pepper. Place the protein on a sheet pan and bake for 15-20 minutes.
If using chicken: Cook until internal temperature of 165 F and/or the inside is white and juices run clear.
If using tofu: Flip and bake another 5-10 minutes until brown and puffy.
3. Meanwhile, heat oil in a large skillet over medium-high. Add the cabbage, cilantro, green onion and garlic and cook until tender and brown, about 6-10 minutes. If not browning, try letting cabbage sit for longer between stirs.
4. Add all sauce ingredients together in a bowl and mix well.
5. Divide cabbage, protein and *broccoli/cucumber (if using)* evenly between 4 containers and drizzle with sauce. Refrigerate until ready to eat.

Lemon chickpea salad

4 Servings

Ingredients

- 3 tbsp olive oil
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 4 cups arugula
- 2 (15 oz) cans chickpeas, drained and rinsed
- 2 tbsp lemon juice (1 lemon) *(plus 1 tsp zest if using real lemon)*
- 1 cup dry brown rice **OR** other grain such as quinoa, couscous *(optional)*
- Salt and pepper



Additional cost: \$5.84 - \$8.97 (Average: \$7.41)

Instructions

For grain (if using):

1. Cook according to package instructions. Let cool.

For bowl:

1. In a small bowl, add the lemon juice, *lemon zest (if using)*, oil, garlic, salt and pepper and mix until combined. Set aside.
2. Mix the arugula, bell pepper and chickpeas in a large bowl. *Add grain once cooled (if using)*.
3. Drizzle with lemon garlic dressing and mix to combine, or store dressing separately until ready to eat.
4. Divide evenly between 4 containers. Refrigerate until ready to eat.

Salmon cakes over greens

4 Servings

Ingredients

For salmon cakes:

- 2 tbsp olive oil
- 2 (5 oz) cans salmon, drained
- 2 cloves garlic, minced
- 1 egg
- ¼ cup plain bread crumbs
- 4 cups arugula
- 1 tsp oregano
- Salt and pepper



For dressing (optional):

- 2 tbsp lemon or lime juice
- OR**
- ½ cup plain greek yogurt
 - 2 cloves garlic, minced
 - 2 tbsp lemon juice (1 lemon)
- OR**
- ½ cup plain greek yogurt
 - 2 cloves garlic, minced
 - 2 tbsp lemon juice (1 lemon)
 - 1 tsp paprika
 - 1 tsp capers

Additional: \$6.52 - \$9.49 (Average: \$8.01)

Instructions

1. Add drained salmon to a bowl. Add egg, garlic, bread crumbs, oregano, salt and pepper and mix to combine.
2. Heat oil in skillet over medium-high heat.
3. Spoon salmon mix into skillet and use spoon to flatten top to form patty shape. Cook for about 3 minutes on each side, or until golden brown. You may have to cook in batches. *2 cans should yield about 12 patties, depending on size.*
4. Remove from heat and set aside.
5. Mix together all dressing ingredients in a separate small bowl.

WEEK 4: LUNCH

6. Divide arugula and salmon cakes evenly between 4 containers. Drizzle with oil and chosen dressing, or store dressing separately until ready to eat. Add pepper, to taste.
7. Divide evenly between 4 containers. Refrigerate until ready to eat.

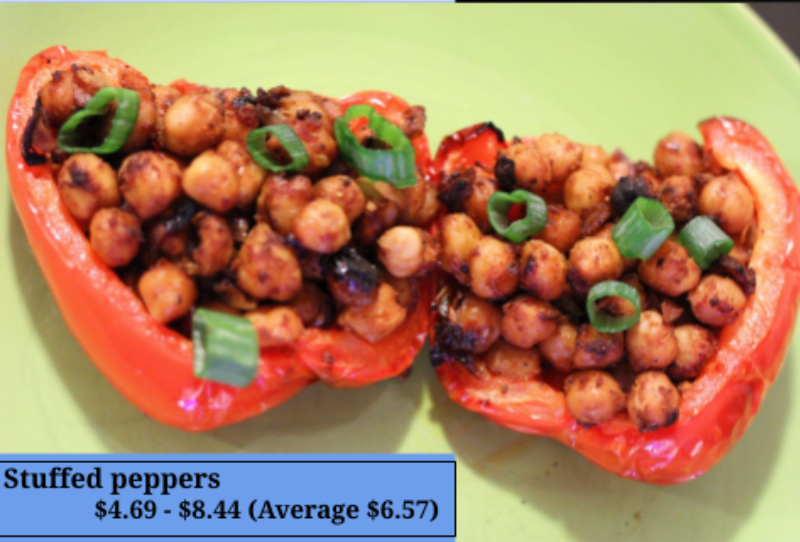
DINNER 1



Cabbage & beans
\$1.72 - \$8.00 (Average \$4.86)



Black bean skillet
\$4.85 - \$7.76 (Average \$6.31)



Stuffed peppers
\$4.69 - \$8.44 (Average \$6.57)



Fajitas with black beans
\$6.34 - \$10.72 (Average \$8.53)

Cabbage & beans

4 Servings

Ingredients

- ¼ cup olive oil
- 2 cloves garlic, minced
- 1 medium cabbage (or leftover), core removed and cut into ½ inch slices
- 2 (15 oz) cans butter beans (canellini, navy or northern beans also work well), drained and rinsed
- 2 tsp capers (optional)
- Lemon juice to taste
- Salt and pepper



Additional cost: \$1.72 - \$8.00 (Average: \$4.86)

Instructions

1. Preheat the oven to 400 F.
2. Break apart cabbage slices with hands and spread onto a sheet pan. Season with pepper. *The sheet pan will be piled high with cabbage - this is okay! It will cook down considerably.*
3. Place the cabbage in the oven and cook for 15 minutes.
4. Take the cabbage out of the oven and drizzle with 2 tbsp oil. Carefully mix to coat.
5. Return cabbage to oven and cook for another 15 minutes.
6. Remove cabbage from oven again after 15 minutes and add the beans, capers (if using), garlic and remaining 2 tbsp oil. Mix carefully to coat
7. Return pan to oven and cook for a final 15-20 minutes, depending on desired cabbage consistency.
8. Remove the cabbage from the oven. Season with lemon juice, if desired. Serve and enjoy or refrigerate until ready to eat.

Black bean skillet

4 Servings

Ingredients

- 2 tbsp olive oil
- 1 (14 oz) tofu, pressed and cut into bite-sized cubes **OR** 2 chicken breasts, pat dry and cut into bite-sized pieces
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 2 cups corn
- 2 tsp cumin
- 1 tsp paprika
- 1 (15 oz) can black beans, drained and rinsed
- 2 tbsp lime juice (1 lime)
- Salt and pepper
- *Handful cilantro leaves, chopped (optional for garnish)*



Additional cost: \$4.85 - \$7.76 (Average: \$6.31)

Instructions

For protein:

1. Drain the tofu and line one plate with a kitchen towel or paper towels. Place drained tofu on top and cover with a second kitchen towel or paper towels. Cover with a second plate and place a heavy can (or other item with weight) on top to press the tofu as you prep other ingredients, approximately 5 minutes. Tear or cut into bite-sized cubes when done.
OR
2. Pat chicken breast dry with paper towels and cut into bite-sized pieces.

For skillet:

1. Heat 1 tbsp oil in a large skillet over medium. Add protein, garlic, cumin, paprika, salt and pepper and mix together.
For tofu: Increase heat to medium-high and cook, stirring occasionally, until the tofu is beginning to brown, 5-8 minutes. Add 1 tbsp oil, corn and bell pepper to the skillet and cook until tofu is browned and vegetables are somewhat charred.
For chicken: Cook until cooked through (165 F internally and/or inside is white and juices run clear). Heat 1 tbsp oil in a second skillet over medium-high and add corn and peppers. Cook until slightly charred, then add to cooked chicken.

WEEK 4: DINNER 1

2. Add black beans and stir to combine. Cook for 1 minute or so before turning off the heat.
3. Add the lime juice, *cilantro (if using)* and season with salt and pepper, if desired.
4. Serve and enjoy, or refrigerate until ready to eat.

Stuffed peppers

4 Servings

Ingredients

- 2 tbsp olive oil, plus extra for drizzling
- 3 cloves garlic, minced
- 3 red, yellow or orange bell peppers (can mix per preference), halved lengthwise, seeded and membranes scooped out
- 1 bunch green onions, white and green parts, diced **OR** ½ onion, diced
- 2 (15 oz) cans chickpeas, drained and rinsed
- 1 tbsp tomato paste
- 2 tsp cumin
- 1 tsp paprika
- 1 tsp chili powder
- Salt and pepper



Additional cost: \$4.69 - \$8.44 (Average: \$6.57)

Instructions

1. Preheat oven to 375 F.
2. Drizzle oil over bell peppers and spread, using hands, over the insides and outsides of the peppers. Season with salt and pepper.
3. Place peppers cut side up in a sheet pan. Set aside.
4. Heat 2 tbsp oil in a large skillet over medium-high.
If using green onions: Add green onions (reserving some dark green slices for garnish). Cook until tender, about 2 minutes.
If using onion: Add onion and cook until tender, about 4 minutes.
5. Add garlic and cook about 30 seconds.
6. Add chickpeas, tomato paste, cumin, paprika, chili powder, salt and pepper. Stir to combine and let cook for 2 minutes.
7. Spoon chickpeas into bell peppers halves, packing down with a spoon if necessary.
8. Cover the baking dish with foil and transfer to oven. Cook for 30 minutes.
9. Remove the foil and continue cooking for an additional 10 minutes, or until peppers are tender.
10. *Top with reserved green onions (if using).* Serve and enjoy, or refrigerate until ready to eat.

Fajitas with black beans

4 Servings

Ingredients

For fajita vegetables:

- 3 tbsp olive oil (if cooking separately)
- 1 onion, thinly sliced
- 3 cloves garlic, minced
- 3 red, yellow or orange bell peppers (can mix per preference), thinly sliced
- 1 (15 oz) can black beans
- Salt and pepper
- *Tortillas, for serving, (optional)*



For protein:

- 3 tbsp olive oil
- 1 (14 oz) tofu, pressed and shredded **OR** 2 chicken breasts, pat dry and cut into thin strips
- 4 tsp cumin
- 2 tsp paprika
- 1 ½ tsp chili powder
- 2 tsp garlic powder
- ½ tsp onion powder
- Salt and pepper

Optional for tofu:

- 1 tbsp low sodium soy sauce
- 2 tbsp tomato paste

Optional for sauce:

- 2 tbsp lime juice, plus zest if using real limes
- 4 tbsp greek yogurt

Additional cost: \$6.34 - \$10.72 (Average: \$8.53)

Instructions

For protein:

WEEK 4: DINNER 1

1. Drain the tofu and line one plate with a kitchen towel or paper towels. Place drained tofu on top and cover with a second kitchen towel or paper towels. Cover with a second plate and place a heavy can (or other item with weight) on top to press the tofu as you prep other ingredients, approximately 5 minutes. Shred using cheese grater or crumble with hands when done.

OR

2. Pat chicken breast dry with paper towels and cut into strips.

For lime sauce:

1. *Add lime juice, lime zest (if using) and yogurt in a small bowl. Stir to combine.*

If using tofu:

1. Preheat oven to 400 F.
2. Scatter tofu across sheet pan.
3. Drizzle 1 tbsp oil *and soy sauce (if using)* over pan and mix to combine.
4. Combine 2 tsp cumin, 1 tsp paprika, 1 tsp chili powder, 1 tsp garlic powder, ½ tsp onion powder, salt and pepper. Sprinkle over tofu and stir to coat. Spread mixture in an even layer.
5. Transfer tofu to the oven and cook for 15-20 minutes, stirring halfway through.
6. Add remaining 2 tbsp oil *and tomato paste (if using)* to tofu and stir carefully to mix.
7. Spread into an even layer and return to oven for an additional 10-15 minutes, or until tofu is crispy.
8. Meanwhile, add the bell pepper, onion, 2 tbsp oil, garlic, 2 tsp cumin, 1 tsp chili powder, 1 tsp garlic powder, 1 tsp paprika, salt and pepper to a large bowl and mix to combine.
9. Heat a large skillet over medium high heat. Add the vegetable mixture and cook until tender and slightly charred, about 15 minutes.

OR

Pour pepper and onion mixture onto a second sheet pan and place in oven. Cook until vegetables are tender and slightly charred, 15-20 minutes.

10. Empty the beans into a small pot on the stove and heat over medium until warm, stirring frequently.
11. *Heat tortillas by preferred method, if using.*
12. Add tofu, beans and vegetables to bowl *or divide into tortillas. Drizzle with lime sauce, if using.* Serve and enjoy or refrigerate until ready to eat.

If using chicken:

1. Preheat oven to 400 F.
2. In a small bowl, mix 4 tsp cumin, 2 tsp paprika, 1 ½ tsp chili powder, 2 tsp garlic powder, ½ tsp onion powder, salt and pepper. Mix to combine.
3. Add chicken, onion, peppers, garlic and 3 tbsp oil to a large bowl and mix.
4. Add spice mix to the chicken mixture and stir to coat.

WEEK 4: DINNER 1

5. Pour mixture onto a sheet pan and place in the oven. Cook until chicken is cooked through (internal temperature of 165 F and/or the inside is white and juices run clear) and vegetables are tender and lightly charred, 15-20 minutes.
6. Empty the beans into a small pot on the stove and heat over medium until warm, stirring frequently.
7. *Heat tortillas by preferred method, if using.*
8. Add chicken, beans and vegetables to bowl *or divide into tortillas. Drizzle with lime sauce, if using.* Serve and enjoy or refrigerate until ready to eat.

DINNER 2



Creamy beans & greens
\$2.32 - \$13.48 (Average \$7.90)



Sheet pan lemon chicken
\$3.50 - \$14.48 (Average \$8.99)



Lentil salad
\$3.68 - \$14.46 (Average \$9.07)



Crispy tomato oregano chicken
\$6.38 - \$14.48 (Average \$10.43)

Creamy beans & greens

4 Servings

Ingredients

- 5 tbsp olive oil
- 1 medium onion, diced
- 4 cloves garlic, minced
- 1/3 cup tomato paste
- 2 (15 oz) cans white beans (cannellini, northern or navy), drained and rinsed
- 1 cup milk
- 1/2 cup tomatoes, chopped
- 4 cups baby arugula
- 1 tbsp lemon juice (1/2 lemon) *(plus 2 tsp zest if using real lemons)*
- Salt and pepper
- 1/3 cup bread crumbs *(optional)*



Additional cost: \$2.32 - \$13.48 (Average: \$7.90)

Instructions

1. *If not using bread crumbs, skip to step 2:*
Heat 1 tbsp oil in a skillet over medium heat. Add bread crumbs, salt and pepper and cook until golden brown, 2-3 minutes. Transfer to small bowl and set aside.
2. Heat 2 tbsp olive oil in a skillet over medium heat. Add the onion and garlic. Cook until soft, about 4-5 minutes.
3. Add the tomato paste and mix to combine. Continue to cook for about 3 minutes.
4. Add the beans, milk, tomatoes and 1/3 cup water. Bring to simmer and continue to cook for about 5 minutes.
5. Meanwhile, add the arugula, *seasoned bread crumbs (if using)*, *lemon zest (if using)*, lemon juice, 2 tbsp oil and pepper to a separate bowl and mix.
6. Pile the greens at the center of the bean mixture.
7. Season with salt and pepper, to taste. Serve and enjoy, or refrigerate until serving.

Sheet pan lemon chicken

4 Servings

Ingredients

For sheet pan:

- 1 tbsp olive oil
- 2 chicken breasts, pat dry and cut in half horizontally
- 1 large onion, cut into 1 inch wedges
- 4 cloves garlic, minced
- 1 cup tomatoes, halved or quartered (depending on size; if cherry tomatoes, can leave whole)
- ½ cup plain greek yogurt
- 2 tbsp lemon juice (1 lemon) (*plus zest if using real lemon*)
- Salt and pepper
- *Can add additional vegetables if leftover, as desired*



For side (if no additional leftover vegetables):

- 2 tbsp olive oil
- 4 cups arugula
- 2 tbsp lemon juice (1 lemon)
- Pepper, to taste

Additional cost: \$3.50 - \$14.48 (Average: \$8.99)

Instructions

1. Preheat oven to 450 F.
2. Combine yogurt, *lemon zest* or 1 tbsp lemon juice (if not using zest), garlic, salt and pepper in a medium bowl.
3. Add chicken to bowl and coat both sides of the chicken with the marinade mixture. Set aside.
4. Transfer tomatoes and onion wedges to a sheet pan. Season with oil and salt and toss to coat.
5. Place chicken among the vegetables and drizzle their marinade on top. *If using, place lemon halves, cut-side down, in the pan.*
6. Transfer the pan to the oven and cook until the chicken is cooked through (internal temperature of 165 F and/or the inside is white and juices run clear) and vegetables are slightly charred, 15-20 minutes.

WEEK 4: DINNER 2

7. While baking, mix arugula, oil and lemon juice in a large bowl. Add pepper to taste and set aside.
8. Remove chicken from the oven. *If using real lemons, let sit for 5 minutes to cool. Once able to handle, squeeze juice over chicken and vegetables.*
9. Serve and enjoy with side salad, if desired, or refrigerate until ready to eat. Add additional lemon juice to taste.

Lentil salad

4 Servings

Ingredients

- 4 tbsp olive oil
- 1 cup tomatoes, chopped
- 1 cup cucumber, diced
- 2 cups arugula
- 2 tbsp rice vinegar
- ½ tbsp brown sugar
- 1 tsp oregano
- ½ tsp garlic powder
- 1 ½ cups dry brown lentils
- 4 tsp low sodium vegetable better than bouillon, made into 4 cups broth
- Salt
- ½ tbsp dijon mustard (only include if already bought, otherwise omit)
- ¼ cup red onion (optional)
- Squeeze of lemon juice (optional)



Additional cost: \$3.68 - \$14.46 (Average: \$9.07)

Instructions

1. Add lentils and broth together in a medium pot and bring to simmer over medium heat. Cook for 20 minutes or until lentils are tender.
2. Drain lentils and let cool.
3. Combine the rice vinegar, oil, brown sugar, oregano, garlic powder, *dijon mustard and squeeze of lemon (if using)* in a separate bowl. Mix well.
4. Add lentils, tomatoes, cucumber, *red onion (if using)*, arugula and dressing to a large bowl and mix to combine.
5. Serve and enjoy, or refrigerate until ready to eat.

Crispy tomato oregano chicken

4 Servings

Ingredients

For sheet pan:

- 2 tbsp olive oil
- 2 chicken breasts, pat dry and cut in half horizontally
- 2 cups tomatoes, halved or quartered (depending on size; if cherry tomatoes, can leave whole)
- 2 tbsp plain greek yogurt
- 1 tbsp tomato paste
- 1 tbsp low sodium soy sauce
- 1 tbsp plus 1 tsp oregano, divided
- *½ cup bread crumbs (optional)*
- Salt

For side:

- 2 tbsp olive oil
- 4 cups arugula
- 2 tbsp lemon juice (1 lemon)
- Pepper, to taste



Additional cost: \$6.38 - \$14.48 (Average: \$10.43)

Instructions

1. Preheat the oven to 425 F.
2. Mix the yogurt, tomato paste, soy sauce and 1 tbsp oregano together in a large bowl.
3. Add the chicken and turn to coat both sides in marinade.
4. Add tomatoes to a sheet pan in a single layer and season with oil and salt. Mix to coat.
5. Place the chicken on top of the tomatoes. Sprinkle 1 tsp oregano and *bread crumbs (if using)* over the chicken and tomatoes.
6. Bake in the oven until chicken is crispy and cooked through (internal temperature of 165 F and/or white inside and juice runs clear), 15-20 minutes.
7. While baking, mix arugula, oil and lemon in a large bowl. Add pepper to taste and set aside.
8. Serve with side salad and enjoy, or refrigerate until ready to eat.

EXTRA



Lentil, arugula & tomato salad
\$0 - \$1.99 (Average \$1.00)

Lentil, arugula & tomato salad

2-4 Servings

Ingredients

- 2 tbsp olive oil
- Leftover arugula
- Leftover tomatoes
- 1 cup dry brown or green lentils
- 4 tsp low sodium vegetable better than bouillon, made into 4 cups broth
- 2 tbsp lemon juice (1 lemon)
- Pepper, to taste



Additional cost: \$0 - \$1.99 (Average: \$1.00)

Instructions

1. Add lentils and broth together in a medium pot and bring to simmer. Cook for 20 minutes or until lentils are tender.
2. Drain lentils and let cool.
3. When the lentils are cooled, mix them in a large bowl with the arugula, tomatoes and any other leftover vegetables.
4. Drizzle with oil and lemon juice. Season with pepper, to taste.
5. Serve and enjoy, or refrigerate until ready to eat.

ALTERNATIVES

If there was a meal where none of the options seemed appealing, or you had less ingredients left than the Extra recipe called for, you've come to the right place! Below are recipes that use similar ingredients to many weeks above. Feel free to mix and match depending on taste and what produce you have available! To avoid increasing costs, make sure to note the additional costs on the recipes below and try to choose one that is similar or less in cost to the most expensive recipe that week (most will automatically fall into this category).

Kale & butternut squash bowl with soft eggs

4 Servings

Ingredients

- 1 tsp sesame oil
- 4 eggs
- 2 tsp ginger, peeled and minced
- 2 cups butternut squash, peeled and sliced
- 1 ½ cups broccoli and/or cauliflower, cut into florets
- 4 cups (4 handfuls) kale, spinach or other hearty greens
- ¾ cup plain greek yogurt
- 2 tbsp lemon juice (1 lemon) (*plus 1 tsp zest, if using real lemons*)
- Salt



Additional cost: \$0 - \$1.99 (Average: \$1.00)

Instructions

1. Place unboiled eggs in a large skillet and fill with water. Bring to boil and cook for 6 minutes.
2. Carefully transfer eggs to a separate bowl to cool.
3. Partially drain the skillet, leaving about ¼ inch of water.
4. Add the squash and bring water to boil. Cover the skillet with a lid and cook for 5 minutes.
5. Meanwhile, combine yogurt, lemon juice, *lemon zest (if using)*, ginger, sesame oil and salt in a small bowl.
6. Once the squash has cooked for 5 minutes, add broccoli/cauliflower on top of squash. If you prefer fully wilted greens, add hearty greens at the same time. If you prefer crunchier greens, wait until step below. Add more water if needed and continue to boil
7. Cover and cook until squash is tender and broccoli/cauliflower is crisp-tender, 2-4 minutes.
8. If you haven't already, add hearty greens.
9. Turn off heat, and drain water. Keep skillet covered as you peel and halve the eggs.
10. Add ¼ vegetable mixture and 1 egg to a bowl to serve. Drizzle with sauce. Serve and enjoy or refrigerate until ready to eat.

Leftover vegetables frittata

4 Servings

Ingredients

- 2 tbsp olive oil
- ½ onion, sliced
- 1-2 cloves garlic, minced
- 4-6 cups of any chopped or sliced vegetables
 - Some ideas:
 - Bell pepper, spinach/kale
 - Green bean
 - Mushroom, pepper
 - Mushroom, spinach
 - Tomato, arugula
 - Butternut squash, kale/spinach
 - Etc.
- 4-6 eggs
- 1 tsp seasoning depending on preference (ex. oregano, chili powder, cumin, etc) (optional)
- Salt and pepper



Additional cost: \$0 - \$1.99 (Average: \$1.00)

Instructions

1. Heat oil in a skillet over medium. Add onion and cook until soft, 4-5 minutes.
2. Increase heat to medium-high and add vegetables. Cook until browned or lightly charred.
3. When vegetables are nearly done, turn heat down and continue to cook until tender. Add *spices (if using)*.
4. Meanwhile, beat eggs with some salt and pepper in a separate bowl. Pour over vegetables once tender, distributing evenly. You may have to tilt the skillet to ensure eggs spread around all vegetables.
5. Cook, without stirring, until eggs are set, about 10 minutes. Cover skillet with a lid if eggs are not setting and continue to cook until set.
6. Cut frittata into wedges. Serve and enjoy, or refrigerate until ready to eat.

Grains, beans & greens

4 Servings

Ingredients

- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 (15 oz) can of any beans
- 4-6 cups greens (kale, spinach or other hearty green), chopped
- 2 tsp low sodium vegetable better than bouillon, made into 2 cups broth
- 1 cup dry brown rice (*if you have leftover money in the budget, quinoa or couscous also work great*)
- 2 tbsp lemon juice (1 lemon) (*plus zest if using real lemon*)
- Salt and pepper



Additional cost: \$0.86 - \$2 (Average: \$1.43)

Instructions

For grains:

1. Cook chosen grain according to packet instructions.

For the bowls:

1. Add beans, garlic, oil, salt and pepper to a bowl. Mix to combine.
2. Once grain is cooked, turn off heat and add greens and beans mixture. Season with salt and pepper and cover with a lid until greens soften, about 2-3 minutes.
3. Squeeze with lemon juice and *add some lemon zest (if using)*. Serve and enjoy, or refrigerate until eating.

Chickpeas, tofu & blistered tomatoes

2-3 Servings

Ingredients

- 4 tbsp olive oil
- 1 (14 oz) tofu
- 1 large red onion (or what remains if using leftovers), finely chopped
- 2 cloves garlic, minced
- 2 tbsp ginger, peeled and minced
- 1 cup tomatoes, quartered or halved depending on size (if using cherry tomatoes, remain whole)
- 1 (15 oz) can chickpeas, drained and rinsed
- 2 tsp cumin **OR** 2 tsp curry powder
- Salt and pepper
- *Lime juice for serving (optional)*



Additional cost: \$4.15 - \$7.49 (Average: \$5.82)

Instructions

1. Drain the tofu and line one plate with a kitchen towel or paper towels. Place drained tofu on top and cover with a second kitchen towel or paper towels. Cover with a second plate and place a heavy can (or other item with weight) on top to press the tofu as you prep other ingredients, approximately 5 minutes. Cut in half horizontally when done to create two thin rectangles.
2. Heat 1 tbsp oil in a skillet over medium heat.
3. Season both sides of the tofu with salt and pepper and place in the pan. Cook one side until tofu is browned, about 4 minutes. Flip and brown the other side, 4-5 minutes more. Transfer tofu to separate plate and set aside.
4. Add 2 tbsp oil and most of the onion and cook until soft, about 4 minutes. Set remaining onion aside for topping at the end.
5. Add the ginger, garlic, cumin/curry powder, salt and pepper and stir to mix. Let cook for 1-2 minutes.
6. Add chickpeas and cook until they start to sizzle, about 4 minutes.
7. Increase heat to medium-high and add 1 tbsp oil and tomatoes. Sprinkle with salt.
8. Cook, undisturbed, until the tomatoes' skins begin to blister, 4-5 minutes.
9. Tear the tofu into bite sized chunks and add to skillet. Stir to mix and let cook for 2-3 more minutes.

ALTERNATIVES

10. Turn off heat and add remaining onions, additional spice if desired and *lime juice (if using)*. Serve and enjoy or refrigerate until ready to eat.

Tuna white bean casserole

4 Servings

Ingredients

- 3 tbsp olive oil
- 2 (5 oz) cans of tuna, drained
- 1 onion, diced
- 6 cloves garlic, sliced
- 1-2 cups leftover vegetables such as broccoli, cauliflower, or peas, chopped and cooked until barely tender to mix in **OR** 3-4 cups greens (arugula, spinach, romaine, etc) to serve over (optional)
- 2 (15 oz) cans white beans (northern, cannellini or navy), drained and rinsed
- ½ tsp low sodium vegetable or chicken better than bouillon, made into ½ cup broth
- ¼ cup milk
- ½ cup bread crumbs
- 2 tsp capers (optional)
- Salt and pepper
- Lemon juice, for serving (plus zest of ½ lemon if using real)



Additional cost: \$3.68 - \$9.08 (Average: \$6.38)

Instructions

1. Preheat oven to 350 F.
2. *If not using bread crumbs, skip to step 3:*
Heat 1 tbsp oil in a skillet over medium heat. Add bread crumbs, salt and pepper and cook until golden brown, about 3 minutes. Transfer to small bowl and set aside.
3. Heat 1 tbsp oil in an oven-safe skillet over medium-high heat (*If you don't have an oven-safe skillet, you can use a regular skillet and transfer to a baking dish/sheet pan later*). Add onion and cook until soft, about 5 minutes.
4. Add garlic and *capers (if using)* and cook for about 2 minutes.
5. Add the white beans and broth. Bring to simmer and cook until no liquid remains, 4-5 minutes.
6. Turn off the heat.
7. Add the milk, tuna *and softened vegetables (if using)*. Drizzle with remaining oil.
8. Mix and add pepper and *lemon zest (if using)*.

ALTERNATIVES

9. Spread into even layer in skillet (*or in a baking dish/sheet pan - be aware this method may cause the mixture to cook faster*) and sprinkle with *bread crumbs (if using)*.
10. Transfer to oven. Bake until tuna mixture bubbles around the edges, 15-20 minutes.
11. Squirt with lemon juice, to taste. *If serving over leafy greens, let sit 5 minutes to cool first before spooning over greens.* Serve and enjoy, or refrigerate until ready to eat.

Lemon tuna or salmon pasta with leftover greens

4 Servings

Ingredients

For pasta:

- 2-4 tbsp olive oil
- 2 (5 oz) cans tuna **OR** salmon, drained
- 2 cloves garlic, minced
- Leftover spinach or arugula
- 8 oz (½ box) whole wheat pasta **OR** spaghetti squash
- 2 tbsp lemon juice (1 lemon) (*plus zest if using real lemon*)
- Salt and pepper



Additional cost: \$3.22 - \$11.00 (Average: \$7.11)

Instructions

If using spaghetti squash:

1. Preheat oven to 400 F.
2. Cut squash in half horizontally. Scoop out seeds with a spoon.
3. Drizzle oil over inside half of squash and season with salt and pepper (can use hands to help spread olive oil around).
4. Place the halves cut-side down on a sheet pan.
5. Roast for 40-50 minutes, or until the flesh separates easily from the inside and/or skin gives slightly when pressed.

If using pasta:

1. Bring a large pot of water to a boil over high heat and cook pasta according to packet instructions, al dente.

For sauce:

1. In a large bowl, add tuna, 2 tbsp olive oil, garlic, lemon juice, *lemon zest (if using)*, salt and pepper. Mix well.
2. When pasta/squash is done, add *greens (if using)* first to your bowl or plate. Then add pasta/squash and top with tuna mixture. Let sit a minute to soften greens before mixing.
3. Add pepper, to taste. Serve and enjoy or refrigerate until ready to eat.

Coconut butternut squash & kale skillet

4 Servings

Ingredients

- 3 tbsp olive oil
- 1 lb (16 oz) ground turkey **OR** 1 (14 oz) tofu, pressed and crumbled
- 1-2 cups butternut squash, peeled and diced
- 4 green onions, diced **OR** ½ cup onion, diced
- 3 cloves garlic, minced
- 1 tbsp ginger, peeled and minced
- 4 cups (4 handfuls) spinach or kale
- 1 cup unsweetened lite coconut milk
- 2 tbsp lime juice (1 lime)
- Salt and pepper
- ¼ cup cilantro, chopped (optional)
- 1 cup dry brown rice (optional)



Additional cost: \$4.96 - \$9.64 (Average: \$7.30)

Instructions

For rice (if desired):

1. If desired, cook brown rice by putting 1 cup rice and 2 cups water in a pot. Bring to boil.
2. Reduce heat to low, cover tightly and simmer for 40-45 minutes until the water is absorbed.
3. Remove from heat and let sit (covered) for 10 minutes to finish steaming. Fluff with fork.

For skillet:

1. *If not using tofu, skip to step 2:*
Drain the tofu and line one plate with a kitchen towel or paper towels. Place drained tofu on top and cover with a second kitchen towel or paper towels. Cover with a second plate and place a heavy can (or other item with weight) on top to press the tofu as you prep other ingredients, approximately 5 minutes.
2. Heat 1 tbsp of oil in a skillet over medium heat. Add the butternut squash and stir to coat.
3. Add a splash of water and bring to simmer. Cover and cook, stirring halfway through, until tender, about 8 minutes. Add more water if needed. Set aside.

ALTERNATIVES

4. Add the remaining 2 tbsp oil, green onion/onion, garlic and ginger to the skillet and cook, stirring, for about 1 minute.
5. Add the protein and season with salt and pepper.
For turkey: Cook until meat is no longer pink and no water remains, 8-10 minutes.
For tofu: Crumble tofu into pan and cook until lightly golden.
6. Add coconut milk and butternut squash and bring to a simmer. Cook until slightly thickened, 2-3 minutes.
7. Add spinach/kale and cook until wilted, about 2 minutes. Turn off the heat.
8. Add lime juice and *cilantro* (if using) and season with salt and pepper, if desired.
9. Serve and enjoy, with or without rice, and top with more green onions and *cilantro*, if desired.

Tofu & butternut squash peanut butter curry

4 Servings

Ingredients

- 1 tbsp olive oil
- 1 (14 oz) tofu, pressed and cut into bite-sized cubes
- 1 onion, diced
- 4 cloves garlic, minced
- 1 tbsp ginger, peeled and minced
- 3-4 cups leftover butternut squash, peeled and cubed
- 1 cup peas
- 4 tsp low sodium soy sauce
- 1 tbsp curry powder **OR** 3 tbsp red curry paste
- 1 (13.5 oz) can unsweetened lite coconut milk
- 1 tsp low sodium vegetable better than bouillon, made into 1 cup broth
- ½ cup peanut butter
- 1 cup dry brown rice
- 2 *tbsp lime juice (1 lime), for serving (optional)*



Additional cost: \$6.45 - \$10.32 (Average: \$8.39)

Instructions

For rice (if desired):

1. Cook brown rice by putting 1 cup rice and 2 cups water in a pot. Bring to boil.
2. Reduce heat to low, cover tightly and simmer for 40-45 minutes until the water is absorbed.
3. Remove from heat and let sit (covered) for 10 minutes to finish steaming. Fluff with fork.

For curry:

1. Drain the tofu and line one plate with a kitchen towel or paper towels. Place drained tofu on top and cover with a second kitchen towel or paper towels. Cover with a second plate and place a heavy can (or other item with weight) on top to press the tofu as you prep other ingredients, approximately 5 minutes. Cut into bite sized cubes when done.
2. Heat oil in large pot over medium-high heat. Add onion and cook until softened, 3-4 minutes.
3. Add garlic, ginger, curry powder/paste and cook about 1 minute.

ALTERNATIVES

4. Add butternut squash and broth. Turn heat down to medium-low and cover. Let cook for 10 minutes, or until squash is tender.
5. Add peanut butter and coconut milk and mix well combined.
6. Raise heat to medium-high. Add the tofu, peas and soy sauce and cook sauce thickens, about 5 minutes.
7. Spoon curry over rice and top with *cilantro and lime juice*, if desired. Serve and enjoy or refrigerate until ready to eat.

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